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HOUSEWIFE'S



THE HOUSEWIFE'S ABC

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THE HOUSEWIFE'S ABC

I. PRACTICAL HINTS ON THE DETAILS OF
HOUSEWORK AND MANAGEMENT

II. SIMPLE REMEDIES FOR EMERGENCIES
AND DIRECTIONS FOR RENDERING
FIRST AID

BY
WINNIFRED S. FALES
AND
JANET HUNTER

LONDON
GEORGE G. HARRAP & CO. LTD.
2 & 3 PORTSMOUTH STREET KINGSWAY W.C.
AND AT SYDNEY

First published August 1921

GARDEN CITY PRESS, PRINTERS, LETCHWORTH, ENGLAND.

PREFACE

HOUSEKEEPING and the management of a home provide the most interesting occupations for a home-loving woman, and the daily tasks become a pleasure when the housewife takes a real interest in the affairs of her home. Catering, cooking, mending, and everything else are so simple when all goes well, but mishaps will occur in the best ordered home, and the housewife is frequently called upon to act in an emergency. It is then that she stands in need of a reliable guide, and just what to do in hundreds of emergencies can be ascertained from **THE HOUSEWIFE'S ABC**.

The *Household Guide*, the *Cookery Book*, the calendar, the *Home Doctor* have each their place on the bookshelf in many homes, but the 'reason why' such and such a thing happens cannot be instantly ascertained or clearly understood from such volumes; a search might be made from cover to cover, and no end of time lost, in trying to obtain a particular item of information.

To a busy woman such reference books are of little practical use. What she needs is a book that she can pick up at any moment and in which she can at once turn up the particulars required. **THE HOUSEWIFE'S ABC** fills this need admirably, and the information is given in simple, non-technical language.

While it has not been possible to include every hint the average housewife would find helpful in her daily work, **THE HOUSEWIFE'S ABC** provides a great deal of valuable information gleaned from the experience of housewives. This is instantly available, for a feature of this book—which is

intended to be a friend in need to the housewife—is the alphabetical arrangement that permits instant reference to the entry itself, either in the Household or Medical section, without the waste of time entailed in referring to indexes.

In addition to a collection of hints that cannot but prove invaluable at some time in any home, there are rules and formulæ which were carefully tested in the course of the preparation of this book, and reliable Guides for Shopping, to which the housewife can refer at any season of the year, when desiring to purchase meat, poultry, game, fish, vegetables or fruit. These Guides have been arranged so that the busy woman can at a glance see what she should choose to suit her requirements. From the description of the various joints, for instance, their weight, time required for cooking them, and so on, she will be helped to obtain the utmost value for her money, being no longer in ignorance of facts regarding food, the knowledge of which does undoubtedly prevent much waste and unnecessary expenditure.

This is not a book of cookery recipes. Space has been given rather to valuable and necessary hints upon details concerned with cookery, etc., such as are not to be found in other household reference books.

There will also be found under the proper headings—alphabetically arranged—authoritative information concerning First Aid treatment for such accidents as are most likely to occur in the home, together with simple remedies for ailments that can be attended to at home if a reliable treatment is known.

THE HOUSEWIFE'S ABC would be invaluable in every household if only for its extremely useful Medical Section.

JANET HUNTER

THE HOUSEWIFE'S ABC

Acid Stains on Fabrics, Treatment of

When the colour of a fabric has been changed by an acid, such as lemon juice or vinegar, the original tint can often be restored by sponging with ammonia and water and then with chloroform. *See* under specific headings: **INK STAINS, GREASE SPOTS, etc.**

Adhesive Tape, Uses for

1. After cementing *Broken Glass and China*, apply adhesive tape to hold the parts in place until thoroughly dry. 2. Use adhesive tape for the temporary repair of a *Glass Door in a Patent Oven*, applying it to both sides of the break. 3. *Making a Box Dustproof* at the seams, for storing furs, etc. 4. When *Paring Quinces* or other hard fruits or vegetables, protect the inside of the thumb and forefinger with pieces of adhesive tape. 5. When *Ripping Seams* with a knife or razor, wrap the blade with adhesive tape to within an inch of the end to prevent injury to fingers or fabric. 6. Mend *Rubber Gloves or Shoes* with a patch of adhesive tape applied to the under side of the cut or break. 7. Use adhesive tape to cover the opening in the bottom of a *Salt or Pepper Castor* instead of plugging it with a cork which is often hard to remove and is apt to slip inside. 8. Mend cuts in *Table Oilcloth* with adhesive tape applied to the under side.

Alabaster, To clean

Remove any stains by sponging with flannel moistened with spirits of turpentine, dipped in finely powdered pumice stone. Wash with warm borax water, tepid white soapsuds, and wipe dry. Polish with a soft dry brush dipped in plaster of Paris, which may be used with white of egg for repairs.

Aluminium Ware, Care of

To prevent discoloration of the interior, avoid washing with strong lye soap, washing soda or alkaline water, as all alkalies turn aluminium dark. No food containing soda should be cooked in this ware. To remove discolorations, fill with a cold weak solution of vinegar and water (one tablespoonful to a quart), heat slowly, and boil five minutes. Polish and remove any stains *inside* with a flannel dipped in sand, salt, or crushed egg shell, and *outside* with sifted whiting applied with a piece of damp flannel or chamois.

Ammonia Stains on Fabrics, To neutralize

Ammonia will sometimes change the colour of fabrics on which it has been used for the removal of spots. When this is the case the original colour can often be restored by applying vinegar and water, or a weak solution of acetic acid.

Angora Mats, To clean. See MATS.**Antidotes for Poisons. See under individual poisons in MEDICAL SECTION.****Antimony, To clean**

Brush, then rub with chamois to polish.

Ants, To rid the house of

Red Ants : Smear a plate thickly with lard and leave over night where the ants congregate. In the morning

it will be covered with the tiny pests which can then be destroyed by immersing the plate in boiling water.

Red or Black Ants: 1. Sprinkle in their runs snuff, red pepper, cedar oil, tansy or pennyroyal leaves, or a mixture of sugar one part and borax two parts. 2. Inject paraffin and a 5 per cent. solution of carbolic acid (**POISON**) in all cracks; a good disinfectant also is effective. 3. Saturate a coarse sponge with sugar syrup, squeeze partly dry, tie a string to it, and lay it where the ants are most numerous. As soon as it is filled with the scourges, lift by the string and drop into boiling water. Repeat as many times as necessary. 4. Store all foods and foodstuffs on tables or stands, with legs set in basins of water. 5. Sprinkle cake crumbs or coarse sugar on the floor or dresser and watch to see where the ants carry it. In this way they may be traced to their nests and destroyed at the source. Red ants often nest in floors or partitions. Black ants are more likely to nest out of doors. If the ant-hill can be directly reached, remove it and saturate the spot with boiling water.

Artificial Flowers, To freshen

Trim off all ragged edges and shake gently over steam from a boiling tea-kettle, taking care not to make them too wet. If faded, re-touch with dye or with oil paints thinned with methylated spirits. *Caution:* Do not use the latter in a room where there is a fire or an open flame of any description.

Asbestos

Dust, and if smoked sprinkle with salt, then light the burners and burn a few minutes; the asbestos will be quite clean afterward.

Axle-grease, To remove from fabrics

Rub well with lard and then wash with soap and luke-

warm water. Non-washable materials, such as silk, may be gently sponged with chloroform, changing the cloth and the pad beneath the spot as often as they become soiled.

Bacon or Ham, Shopping guide for. *In season all the year.*

When buying large joints examine the meat near the bone, especially the shoulder joint, and test by running a skewer close to the bone, toward the centre of the joint; if it comes out clear of fat and smells sweet, the bacon will keep. Traces of borax used for preserving bacon can often be found in pieces that are inclined to be tainted, and unless to be cooked immediately such joints should be avoided. The rind of good bacon is thin, and the fat white. If yellow, or streaked with yellow, the flavour of the bacon will be inferior. York hams are the best and cheapest to buy in the long run.

Large cuts of bacon.	Smaller cuts, with usual weights when purchased by the piece.	Remarks on cooking.
FORE END ... (about 16 lb.)	Collar, 7 lb. Fore-hock, 7 to 9 lb.	Soak bacon or ham for eight hours, or, if very salt or dry, for one day, changing the water frequently.
GAMMON ...	Whole gammon, 13 lb. Corner " 3 to 7 lb. Half " knuckle end, 8 lb.	
MIDDLE CUT	Thick streaky, 8 lb. Thick back, 3 lb. Streaky and back, 10 lb. Back ribs prime cut, 8 lb. Loin and flank, 6 lb. Loin and long back, 4 lb.	When cooking, place the ham or bacon in cold water and simmer slowly. Allow 20 minutes to each pound.
A YORK HAM weighs from 10 to 14 lb.		When the meat is cooked remove the skin and let the ham remain in the liquor until quite cold; by so doing the meat will be more juicy and a better flavour.

RULE FOR SERVING HAM

When carving ham, place the joint on the dish with the thickest part away from the carver, the bone to the left end of the dish.

Bacon rashers should be grilled with the fat above the lean; if fried, place the fat below the lean, so that the latter does not cook too quickly. Do not put too many rashers in to cook at once; cover with a lid to keep them moist.

Bacon Rinds, Use for

Save bacon rinds for flavouring soups and dried peas and beans. Spread over the top of haricot or butter beans while baking they take the place of the usual piece of salt pork, imparting flavour and preventing the top layer of beans from burning.

Baking: How to test the heat, and make an oven bake well.
See OVENS.

Bamboo, To clean and restore

Salt water should be used to clean bamboo furniture. If very soiled, use a soft brush, but no soap; wipe with soft cloths, then renovate by rubbing the surface with a rag dipped in linseed oil, or else give a thin coating of white varnish.

Bananas, To choose

The best flavoured fruit cannot be determined by the colour of the skins, but by the size. Short, thick bananas are the best.

Bank Holidays

The following are recognized days for bank holidays in Great Britain and Ireland:

ENGLAND.	SCOTLAND.	IRELAND.
Good Friday.	New Year's Day.	St Patrick's Day (Mar. 17).
Easter Monday.	Good Friday.	Good Friday.
Whit Monday.	1st Monday in May.	Easter Monday.
1st Monday in Aug.	1st Monday in Aug.	Whit Monday.
Christmas Day.	Christmas Day.	1st Monday in August.
Boxing Day.		Christmas Day.
		Boxing Day.

For Jewish Holidays, Quarter Days (England, Scotland), Law Sittings and Vacations, *see* under specific headings.

Baths, To clean. *See* PORCELAIN and ZINC.

Baths, Galvanized or Zinc-lined, To enamel. *See* ZINC-LINED BATHS.

Batters and Doughs, Correct formulæ for

Girdle Cakes, equal measures of liquid and flour.
Muffins, 1 scant measure of liquid to 2 of flour. *Soft Dough to be kneaded*, 1 measure of liquid to 3 of flour.
Dough to be rolled, as for pastry, 1 measure of liquid to 4 of flour. *Cake*, $\frac{1}{2}$ measure of liquid to $1\frac{1}{2}$ of flour.
 Some flours swell more than others when wet, hence no fixed rule can be followed, but the above proportions will be found correct in most instances.

Bed Ticks, To clean without washing

Well brush all seams and creased parts, then remove any stains with a paste of fuller's earth ; clean surface with dry brickdust, and brush again.

Beds, Enamelled Iron, To re-finish

Wash thoroughly with warm suds, and dry. Scrape off any loose flakes of enamel. Wherever the metal foundation is exposed, roughen slightly by rubbing with a file or coarse sandpaper and touch up with flat white paint. When dry give one or more coats of flat paint, allowing twenty-four hours between each coat. There should be enough to produce a smooth, opaque surface. Finish with two coats of white or coloured enamel. Lightly smooth all but the final coat of paint with fine sandpaper to remove brush marks. For a foundation under white or delicately tinted enamel, use white flat paint. For black or dark coloured enamels, the foundation may be of the same colour.

Beds, To clean

Wash *Enamelled Iron Beds* with warm suds of white soap and wipe dry. Finish by applying a very little liquid wax (obtainable at paint shops and hardware stores) with a soft cloth and polishing vigorously with a piece of flannel. Or, instead of the wax, apply a polish com-

posed of one cupful paraffin oil and one tablespoonful white shellac. The *Brass Knobs* on enamelled beds can be cleaned quickly by unscrewing them from the bedposts and boiling all together in a mixture of one tablespoonful salt to a quart of vinegar or in water in which haricot beans have been cooked. This removes the tarnish, and they can be brilliantly polished with slight effort. *Note:* This method should not be used with knobs from *brass* beds, as after being boiled they will not match the rest of the bed in colour. *Brass Beds*, before leaving the factory, are covered with lacquer to keep them from tarnishing. As long as this remains intact the bed should be cleaned only by gentle wiping with chamois. When partially worn off, the exposed surfaces will tarnish, and it is then advisable to remove the remainder of the lacquer (*see* LACQUER), polish the bed with any standard brass polish (*see* BRASS, TO CLEAN), and re-lacquer.

Bee-stings, Treatment for

Extract the sting and apply one of the following: moist clay, a blue-bag, bruised rhubarb, ammonia, or moistened baking soda.

Beef, Shopping guide for. *In season all the year, best during the winter months.*

When buying meat, the colour of the fat is not always to be depended upon as a guide to the quality of the beef; it may be white or yellow, according to the kind of beef or the food on which the animal is fed. The lean of young animals should, however, be quite firm and, unless it has been freshly killed, a bright red colour, and flecked or 'marbled' with little shreds of fat, especially in the loin and rib joints of beef. The meat should be full of juice and not stringy in texture. Cow beef is

coarser and not so full of juice as bull beef, and the fat is sometimes absent from the lean parts.

It is well to remember that beef loses about four ounces to a pound when it is boiled, and rather more when roasted. The approximate weight of a joint when ready to be served can therefore be gauged.

Name of Joint.	Suitable for.	Remarks on cooking and serving.
AITCHBONE ...	From 8 to 14 lb., for roasting or salting.	If roasted, serve with Yorkshire pudding, and horse-radish sauce.
BRISKET ...	A small piece for salting or stewing. This makes a good cold dish.	
CHEEK ...	Too bony to be profitable, but good for soups.	Potatoes baked with meat should be partly boiled first.
CLOD ...	For pies, soups, or stews.	
COW-HEEL ...	For making jelly or soups.	
FLANK (thick)	Cheap for roasting, pie-making, or boiling. Has no bone, is a good flavour, and tender if well cooked.	If boiled, place in boiling water to seal the meat and retain the juice, and serve with boiled carrots and onions and turnips cooked with the meat. Suet dumplings are also served with boiled beef.
FOOT ...	Bought cooked or uncooked.	
HEART ...	Roasted. Rather indigestible.	
KIDNEYS ...	Stewed or used in meat-pies; they should be cooked well.	
LEG OF BEEF	Cut into steaks. Best for pies or puddings.	
LIVER ...	Cheap, but coarse in flavour. Best cut into slices and fried.	
NECK...	For stews and soups.	
RIBS ...	Back, top, six bones, two for stewing steak (called 'chuck ribs'), four cut into joints to roast.	Salted meat or freshly killed meat requires longer time for cooking than that which has been hung for some days. Boiled beef left over should be allowed to remain in the liquor in which it was cooked to prevent it going dry and hard.
RIBS (fore) ...	Those nearest sirloin, the best end. Two or three ribs making the wing, two prime ribs, one gristle rib (for rolling). Remove bones, they are good for stews or stock.	
RIBS (middle)	Flat, top four bones cut into joints, two called 'leg of mutton cut.'	
RUMP ...	The best cut for steaks; there is no bone and little waste in cooking, so fairly cheap. For stewing, steak cut from other parts would be just as good, and cost less.	

Name of Joint.	Suitable for.
SHIN BEEF ...	For stews or beef-tea.
SILVERSIDE OF THE ROUND	Joint for family, roasted or salted and boiled.
SIRLOIN ...	The best joint. Undercut is not sold separately, but is very tender, and can be served as a separate dish.
SUET ...	Round the kidneys is the best for puddings.
TAIL ...	Excellent for soups.
TONGUE ...	Boiled and eaten cold. A delicacy.
TOPSIDE ...	Cut to any weight, a good joint for roasting or boiling.
TRIPE ...	Honeycomb tripe, blanket tripe and book tripe. Easy to digest.

RULES FOR CARVING BEEF

Joints, such as ribs of beef or sirloin, should be placed on the dish with the bone to the left, the well of the dish to the right side of the carver, in order that the gravy can be served with the right hand.

Aitchbone.—Place on the dish with the skewer to the left.

Leg, with the thickest part up and away from the carver, the bone to the left.

Tongue, with the thick part to the left of the carver, the tongue standing upright on the dish.

Heart, with the thick part away from the carver and across the dish.

Beetles, To exterminate. See COCKROACHES.

Belts, Suède, To clean. See SUÈDE BELTS.

Black Ants, To rid the house of. See ANTS.

Blackberry Stain, To remove from the tongue. See LEMON JUICE.

Blackboards, To renew the surface of

Dissolve 4 ounces glue in $1\frac{1}{2}$ pints hot water. Add 3 ounces of flour emery and enough lampblack to colour. Stir until smooth and apply with a pad of soft woollen material. Three coats will be required for best results.

Black Crape, To renovate. See CRAPE.

Black Kid Gloves, To renovate. *See* GLOVES.

Black Lace, To wash

Fill a basin with warm suds of pure soap and add one teaspoonful of ox gall. Squeeze the lace in this until clean. Rinse in cold black coffee, squeeze as dry as possible, and dip in gum arabic solution to restore the stiffness or 'body.' (For method of preparing, *see* GUM ARABIC SOLUTION.) Pull into shape, and either press under a cloth with a moderately warm iron or pin on a padded board and dry without pressing.

Blacklead, To polish quickly

Add a little powdered alum to the blacklead, moistened with ammonia.

Blacklead, To remove from carpets

With a stiff brush brush off any powder there may be present, then cover the stain quickly with a paste of fuller's earth and magnesia mixed with a little liquid ammonia. Use this preparation only on light-coloured carpets. Remove the paste by scraping lightly, then brushing; repeat the process if necessary.

Black Leather, To renovate

Beat the yolks of two eggs and the white of one with one tablespoonful spirits of wine and one teaspoonful sugar. Stir in enough powdered ivory black (obtainable at any paint shop) to make a thick paste. Rub well into the surface of the article to be renovated. Suitable for all small objects of black leather, such as belts, bags, portfolios, etc.

Black Woollen Fabrics, To clean

Shake and brush until free from dust. Remove any spots with their special solvents (*see* GREASE SPOTS, INK

STAINS, WAX, etc.). Then sponge all over with a piece of black stocking wet with strong hot borax water, or with black coffee and ammonia. Press under a wet cloth, and iron until the cloth is perfectly dry.

Blankets, To dry after washing

Double lengthwise over the line, so that the stripes will be vertical and their colour will not run into the rest of the fabric. When partly dry turn the other side out. When dry, and before removing from the line, shake and beat lightly with a cane carpet-beater to raise the nap.

Blankets, To store

After cleaning and airing place pieces of yellow soap inside the folds, then wrap in newspapers. Moths will not attack blankets stored in this way.

Blankets, To utilize when worn

Put two worn blankets together, cover with silk, and quilt.

Blankets, To wash. See WOOLLENS, TO LAUNDER.

Bleaching Powder, To prepare and use

Bleaching powder, or chloride of lime, is useful for bleaching cottons and linens; but, like javelle water (*see* directions for making) it turns silks and woollens yellow. To prepare for use, stir two teaspoonfuls into a pint of water in a glass or earthenware dish. Allow to settle and pour off the clear portion. Add a few drops of vinegar. Immerse the fabric to be bleached, or, in the case of a spot to be removed, stretch the soiled portion over a bowl of boiling water and apply bleaching solution to the stain with a clean medicine dropper. When the spot disappears or the fabric is sufficiently whitened, transfer to a basin of hot water and ammonia, or a solution of hyposulphite of soda (one tablespoonful to

a quart of water), to check the action of the lime. Rinse in clear cold water, wring and dry.

Bleaching Solutions, To prepare. *See* BLEACHING POWDER, HYPOSULPHITE OF SODA, and JAVELLE WATER. Peroxide of hydrogen is sometimes used undiluted for bleaching dark hair.

Blinds, Bead, To clean

Soak the blind in a bath of hot ammonia or borax water. Rinse in clear warm water, then dry in a coarse towel and stretch the cords as they are drying to keep the strings of beads even. Bead-embroidered bags and other articles can be cleaned in the same way.

Blinds, Linen, To clean

Rub with a coarse flannel, and, if stone colour or cream, rub with brickdust. If dark in colour, sponge both sides of the blind with warm vinegar and water, or bran water, and wipe quickly with a dry cloth. Surface dirt can be removed with bread or dough.

Blinds, Venetian, To preserve

After cleaning, rub laths over with a rag dipped in linseed oil which, when dry, looks like varnish.

Blood Stains, To remove from fabrics

Soak in tepid salt water for half an hour or longer and then wash in tepid water with white soap. Old stains can sometimes be removed by wetting with cold water and covering thickly with salt and powdered starch. Let stand an hour or two and then wash. If very old it may be necessary to use a bleaching solution after soaking. Blood stains can be removed from silks with peroxide of hydrogen, provided it does not affect the colour. Try first on a hidden portion of the garment.

' Bloom,' To remove from mahogany

Go over the surface with a piece of cheese-cloth wrung out of hot vinegar-water, then water containing linseed oil and turpentine in the proportion of one tablespoonful of each to a quart. Polish with chamois. To prevent bloom, do the daily dusting with a chamois wrung out of cold vinegar-water, and once a fortnight go over the furniture with a velveteen duster.

Bluing Stains, To remove from fabrics

Soak in strong ammonia water. Or soak in warm water and wash with naphtha soap in lukewarm water.

Boards, To dry clean

When it is inconvenient to wash a floor, boards may be cleaned by rubbing silver sand or brickdust and sand into the grain of the wood, using a stiff, short-bristled brush, working briskly in the direction of the grain. Then remove the sand with a soft brush and flannel.

Boiling Over, To prevent

Grease the inner rim of the kettle or saucepan to the depth of an inch from the top, and the contents will not boil over.

Books, To keep free from mould. *See* LEATHER, TO CLEAN AND PRESERVE.

Boots, The efficient care of. *See* SHOES.

Boots, To waterproof. *See* WATERPROOFING.

Borax

Other uses are numerous and well known for cooking and cleansing purposes, but it is also a valuable antiseptic and harmless deodorizer and yet odourless itself. *See* BORACIC ACID, USES FOR, in MEDICAL ABC.

Bottled Fruits, To store

A dark, well-ventilated cupboard should be chosen to store bottled fruit. Strong light and sunshine cause fermentation. To prevent air bubbles a little juice should be poured into the bottles before filling with fruit.

Bottles, To clean. See CARAFES.

Bottles, To prevent leakage of, when travelling

If the contents of a bottle are to be used *en route*, fit the cork in tightly and then dip the exposed portion in melted sealing-wax to close all pores.

Bottles, Ill-smelling, To sweeten. See ODOURS.

Braid, To stitch without basting

Consecutive rows of braid may be sewn on without basting, either by hand or on the machine, by the following method: Run the braid through two slits cut in opposite ends of a strip of cardboard about four inches long and wide enough to make the distance from the lower edge of the braid to that of the cardboard just equal to the space between the rows. In sewing by hand, slip the cardboard along on the braid from right to left, always keeping the lower edge against the upper margin of the row last sewn on. When stitching on the machine, the cardboard may be drawn forward in the same manner. The braid will be accurately spaced and much time and labour saved.

Braiding, To iron

Lay the braided fabric face down on several thicknesses of Turkish towelling, and iron the back.

Bran Water, Use for

As a cleansing medium, bran water, without soap added, can be used for washing any coloured fabrics without danger of affecting the materials or colour.

Brass, To clean

Strong acids should not be used for cleaning brass. Liquid ammonia or turpentine will remove tarnish, and a brilliant polish may be obtained by rubbing briskly with a chamois leather sprinkled with powdered rotten-stone. Liquid polishes or pastes unless used sparingly are liable to clog ornamental brass work, even if a brush be used before polishing. A substitute that will keep brass in good order is to be made with soft soap, powdered rotten-stone and oil of turpentine mixed together, sufficient powder being added to make a putty-like substance. After washing the ornaments in hot water, a little of this should be rubbed over a moist flannel and used to clean the brass. Wipe off with a dry cloth and polish. Brass so cleaned will be found to have no powder or scratches left on the surface. Engraved or Indian chased articles should only be cleaned with soapy water, and polished with a leather, or if stained they may be brushed with ammonia or lemon juice, then washed immediately afterward in warm soapy water, rinsed in clear water, dried, and finally polished with chamois.

Antique Brasses may be cleaned with rotten-stone and paraffin oil. *Old Benares Brass*, which is lacquered with gold, should never be scoured. Instead, apply a paste of lemon juice and cream of tartar. Let it remain on not more than five minutes, then wash with warm water. Dry thoroughly with a soft cloth. *See also* BEDS, To CLEAN.

Brass, To enamel

To prepare a brass bed or other object for enamelling remove the lacquer by scrubbing with strong soda water (one tablespoonful washing soda to one quart hot water). Roughen the surface with coarse sandpaper. Apply

three successive coats of flat paint and two of enamel, allowing twenty-four hours between each. Smooth all but the final coat with fine sandpaper to remove brush marks.

Brass, To prevent from tarnishing

Apply a thin coat of lacquer, which can be obtained ready mixed at first-class paint shops. Or rub once a week with a piece of flannel moistened with vaseline or any light oil such as that used for sewing-machines.

Brass Picture-hooks, Curtain-pins, To clean

Rusty or badly tarnished hooks and curtain-pins can be cleaned by soaking in ammonia, then boiling in water in which haricot beans have been cooked. The peculiar properties contained in bean water act on the discoloured metal and clean it without much labour. Any rusty brasswork can be cleaned in this way.

Bread, To make

The flour used for making bread must be perfectly dry and free from bran. Before using it should be warmed, then passed through a sieve. Whatever kind of bread is being made always remember to heat the oven first before mixing; use perfectly clean utensils, and warm the tins, if used, and fill them only three parts full to leave room for the dough to rise. Place the loaves in the oven as soon as possible after they are made; the oven must be the right heat or the bread will not rise properly; reduce the temperature after a few minutes to complete the cooking.

A 2 lb. loaf should take about forty minutes to bake. To test a loaf tap the side of the tin; if it sounds hollow the loaf is done. Cool loaves gradually on a wire tray to allow the steam to escape freely; never place a hot loaf before an open window or on a cold shelf.

Wholemeal bread is more nourishing and cheaper than white bread. The dough should be left to rise nearly twice as long as white bread, but it should not be placed before the fire covered with a cloth; the pan should be placed in a room of even temperature to ensure successful working of the yeast.

If bread is to be kept longer than usual, after cooling wrap in a grease-proof paper, then in a cloth and store in a cool place, preferably in a tin. Butter added to the mixture also helps to keep bread moist.

Dry or stale loaves may be moistened by wrapping in a cloth dipped in hot water; when the crust feels moist and soft, then place the loaf in a moderate oven until it is crisp again. When cut, a loaf re-baked in this way should be as moist as when first cooked.

To make self-raising flour, *see* under FLOUR.

Bread, To slice when new

Heat the knife in a pan of boiling water frequently while the bread is being sliced, and it will not crumble.

Bread, Use for stale pieces

Soaked white bread, drained free of water, makes excellent puddings. Clean scraps of bread, if baked in a slow oven until they are crisp, but not brown, may be crushed and used for frying purposes. If left until a golden brown, with any burnt parts scraped away, then crushed with a rolling-pin, the crumbs can be stored in air-tight bottles (not tins, as these make the crumbs taste) for dressing cooked foods.

Britannia Metal, To clean

Wipe with salad oil, then apply pounded rotten-stone and polish afterward with whiting.

Broken China, To mend. *See* CHINA.

Bronze, To clean

Bronze figures and ornaments should not be washed. Dust carefully and wipe over with a soft cloth moistened with salad or linseed oil. Stand before the fire to warm and polish with chamois.

Brown Stain for Wood

A cheap but effective brown stain for floors, woodwork or furniture is crude oil of the thickest, heaviest grade. Apply with a soft pad, rubbing vigorously until the wood has absorbed all it will, and wipe off the surplus with clean rags or cotton waste. Let dry twenty-four hours and finish with wax, shellac or varnish. Another cheap but good stain is made by dissolving $\frac{1}{4}$ pound of potassium permanganate crystals (**POISON**) in a gallon of water. This stain has a purplish hue when first mixed, but turns brown on exposure to the air. It will wear off quickly unless protected by varnish or shellac. In addition to acting as a stain, it is a powerful disinfectant. Varnish goes twice as far if the bottle is placed in a jar of hot water while it is being applied to the boards.

Brown Sugar, To keep from lumping

Keep the brown sugar in an open jar or canister in the refrigerator or cool place, and it will become and remain soft and free from lumps.

Brush of Carpet-sweeper, To clean. *See CARPET-SWEEPER.*

Brushes, Paint, To soften and clean. *See PAINT BRUSHES.*

Bugs, To destroy

A mixture of paraffin and carbolic oil is one of the best, safest and most convenient exterminators. Squirt into all cracks and crevices of woodwork, floors and furniture and along the edges of the wall-paper with a syringe

or oil-can, and apply to bed-springs with a brush. Run the oil-can along the seams of mattresses and under the tuftings. Expose to air and sunlight until the odour is evaporated. A solution of corrosive sublimate may be used in similar fashion, but do not forget that it is deadly **POISON**. Remove all garments from the cupboards of infected rooms, brush thoroughly, paying special attention to seams and pockets, and hang in the open air. Fumigate the cupboards with formaldehyde or sulphur candles.

Burned Cooking Utensils, To clean

Tin, iron, or enamel ware utensils in which food has burned can be cleaned without violent scraping or scouring by filling with cold water, adding one tablespoonful of washing soda for every quart, heating slowly, and allowing it to boil five or ten minutes. The burned-on food can then easily be removed. The burnt taste can be removed from food if the saucepan in which it is cooked be placed directly in cold water and left until the food is cool. The process of cooking must be continued in a clean pan.

Burned Crust, To remove from cake. *See* **CAKES**.

Burners of Gas Range, To clean. *See* **GAS RANGE**.

Burning Oil, To extinguish

Throw on flour, meal, sand, earth, or gravel. Water spreads the flames and thus increases the danger.

Butter, To cream quickly

Heat the mixing bowl with scalding water. Wipe, and put in the butter. It will cream in half the time taken when put into a cold bowl.

Buttonholes, To strengthen and cut

Buttonholes which are to be subjected to considerable strain may be strengthened by outlining with a row of machine stitching before they are cut and worked. In the absence of special scissors use a sharp chisel to cut a buttonhole.

Button Moulds, To cover with silk

Line the silk coverings of button moulds with flannel or scraps of any soft thin woollen material, and they will both look better and wear longer.

Buttons, To replace when torn out

When a hole has been made in a garment by the tearing out of a button, cut round a button on a discarded garment so as to leave it attached to a square of the cloth larger than the hole to be repaired. Push the button through the hole from the back, the attached square of cloth forming a patch on the under side. Fell this down all round, and catch down the torn edges of the hole.

Cabbage, To boil without odour. *See GREENS.*

Cakes, To keep moist

Keep an apple in the cake box to prevent the cake from drying. Change whenever the fruit becomes withered or shows signs of decay.

Cakes, To make and bake

Before mixing a cake heat the oven to the right temperature for the particular cake to be baked (*see OVEN-TESTING*). Always cream butter and sugar together with a wooden spoon, and warm the basin if the butter is hard, without reducing it to oil. Add the flour and other ingredients gradually, finally add the baking-powder and mix all thoroughly together before adding any liquid.

Never break eggs into a cake mixture before testing them. If eggs are beaten on a plate in a current of air, before adding to a cake mixture, the cake will be much lighter. Use only dry fruit, and if hard soften first (*see CURRANTS AND OTHER FRUIT, TO SOFTEN*). Wet ingredients cause a cake to 'fall' and turn out heavy.

Cake tins of any size should always be well greased, and lined, if large, with clean white unglazed paper; it is also advisable to fold a piece of thick paper round the outside of very rich fruit cakes, that require a lot of baking, to prevent the outside from burning before the centre is cooked. To avoid burning a large cake at the bottom, place the tin on a shelf covered with a layer of sand, or stand the cake tin inside another tin to bake. To prevent a cake burning on top, place a sheet of paper over, then remove just before the cake is done, to brown the top as desired. If burnt, scrape away blackened portions with a bread rasp.

A cake baked in an oven too slow for the mixture will make it sodden. Sudden opening and shutting of the oven door will also spoil a cake and cause the fruit or other ingredients to sink to the bottom. Test a cake with a skewer to ascertain if the centre is done before removing it from the oven.

Always use lard for greasing cake tins, as the salt in butter causes it to make the cake burn or stick to the tin. Clarified butter may, however, be used.

Open tarts are always lighter when baked on a tin plate. If earthenware plates have to be used a little extra baking powder should be added when mixing the pastry.

Cakes, To remove from tins easily

On its removal from the oven, chill the bottom of the cake tin quickly by placing it for a few moments on a

folded cloth saturated with very cold water ; this will cause the cake to turn out without sticking. Of course, a knife should be passed round the edges of the cake as usual.

Candle Ends, To utilize

Short ends of paraffin candles may be whittled over a floor to be waxed for dancing ; or shaved and the shavings enclosed in a muslin bag with which to smooth flatirons ; or added to material for lighting a fire. *See also* NIGHT-LIGHTS.

Candle Grease, To remove from fabrics

For grease from paraffin or spermaceti candles, *see* WAX ; from tallow candles, *see* GREASE SPOTS.

Candles, To clean when soiled

Candles used for decorative purposes frequently become dingy and fly-specked. They can be made to look like new by sponging with a piece of absorbent cotton wet with alcohol. To use up odd lengths, *see* NIGHT-LIGHTS and CANDLE ENDS.

Cane Seats, To clean and tighten

Sponge the seat with warm salt water ; or, if white cane, use lemon juice and salt ; rinse with warm water. If the seat is stretched and sagged, clean, then turn upside down, saturate with hot water, and dry in the sun.

Carafes and Bottles, To clean

To remove discolorations from the interior of carafes and other glassware, fill nearly full with one of the following mixtures, let stand several hours, shaking occasionally, then empty and rinse thoroughly with clean hot water (or, in the case of cut glass, with water that is merely warm) and ammonia. 1. Warm water, one

tablespoonful baking soda, and crushed egg shells. 2. Buttermilk and potato parings. 3. Warm water, one tablespoonful tea leaves, and the same of vinegar.

Carbonate of Soda, Uses for

A pinch added to greens will make them cook a good colour, added to milk while boiling will prevent it curdling.

Carpet-sweeper Brush, To clean

A wire brush is the best implement for removing threads and hairs from the brush of a carpet-sweeper.

Carpets, Faded, To freshen. *See COLOURS IN RUGS AND CARPETS.*

Carpets, Removal of stains from. *See under specific headings, as GREASE SPOTS, BLACKLEAD, INK STAINS, etc.*

Carpets, To wash on floor. *See RUGS.*

Carpets and Underlays, To keep free from moths

Gum camphor and powdered borax placed under the edge will keep moths away. *See MOTHS.*

Carrots, Young, To pare. *See VEGETABLES, TO PARE.*

Carved Furniture, To clean

Dip a good-sized round bristle paint brush in paraffin, hang in the open air until it appears dry, and use it for dusting deep carvings and intricate mouldings. After each using, clean by wiping vigorously on a handful of rags. Wash when it becomes too dirty to use, and repeat the application of paraffin. *See also FURNITURE.*

Carving, Rules for placing joints, etc., on dishes for. *See under BACON, and other meats.*

Casement Blinds or Curtains, To dry clean

If light in colour use brickdust and flannel. If dark-coloured, use stale bread or hot bran.

Cashmere, To clean. Treat as for SERGE.

Casserole Cookery

There are many rough cheap earthenware vessels glazed inside that can be used for this quick and economical method of cooking food, but a tight-fitting lid is essential. As the casserole retains heat longer than an ordinary pan, less fuel is required to complete the process when once the pan is hot, and there is little or no evaporation, so that the full value of the food (the flavour) is retained. Seasoning must always be added before cooking, and those ingredients which contain most juice placed on top, so that when cooked the full flavour may be obtained.

To brown food on top it is only necessary to remove the lid for ten minutes before taking the casserole out of the oven, but the lid should be replaced and the casserole placed on a folded napkin on a dish when sent to the table.

Remove any dirt, soot or grease which may have collected on the outside when washing the casserole, as such accretions diminish the heating power and act as a non-conductor when the pan is heated again, necessitating more fuel being used. For the preparation of new casseroles, *see* EARTHENWARE VESSELS. Never pour cold water into a hot casserole, or place it over a burner unless perfectly dry and containing food or liquid.

Casseroles, New, How to prepare for use. *See* EARTHENWARE VESSELS.

Ceilings, To prevent peeling

Wash over with a solution of one ounce of alum to one quart of water. This will also whiten the ceiling, in the same way as starch water will if applied and left to dry before brushing off.

Celery, To make crisp

Take apart, wash thoroughly, and stand in the refrigerator or cool place for several hours in a pitcher of cold water containing one teaspoonful of salt or powdered borax.

Celery Tops, Uses for

Selected celery tops make a very ornamental garnish and the tender tips are delicious in salad. They may also be spread on a baking sheet and dried in a warm oven with the door open, rubbed to a powder, and stored in a glass jar for use in seasoning soups and gravies.

Cellar, To keep dry

Cement floors are porous and should be waterproofed with one of the special paints made for that purpose. Walls should be whitewashed at least once a year. If moisture stands on the inside they should be brushed over with a solution of one part hydrochloric acid (**POISON**) to ten parts water and then coated with oil-mixed mortar. Airlaking a bushel or so of lime in the cellar will dry it out temporarily, as in the process there is an absorption of moisture from the atmosphere. Powdered charcoal is also good, and absorbs any unpleasant odours.

Cement for Glass. *See GLASS, TO MEND.*

Chains, Gold and Silver, To clean

Put into a wide-mouthed bottle or small jar half filled with warm suds of Castile soap. Add a teaspoonful of

ammonia and a rounded tablespoonful of whiting and shake well. Rinse in clear water and dry in jeweller's sawdust or rouge.

Chair Seats, Cane, To clean and tighten. *See* CANE SEATS.

Chamois Gloves, To wash. *See* GLOVES.

Chandeliers, To clean

Brass Chandeliers : sponge with hot vinegar and salt, rinse with soapsuds and polish with flannel or chamois moistened with a few drops of paraffin or sewing-machine oil. Remove *Fly Specks* by sponging with alcohol. Rinse and polish as above. *Gilt Chandeliers* : rub with a cut lemon and follow by sponging with tepid suds of white soap containing baking soda in the proportion of one teaspoonful to a pint of water. A soft brush may be used for cleaning ornamental portions.

Chapped Hands. *See* MEDICAL ABC.

Charcoal, Powdered, Value of. *See* MEDICAL ABC.

Cheese, To prevent moulding of

Wrap in cheesecloth wrung out of vinegar. Repeat as often as cloth becomes dry.

Chenille, To clean

Make a lather with warm water and soap or bran, and soak the article for a day, moving it about without rubbing. Lift out without wringing and put in another warm bath, and rinse in clear water. Hang up to drip dry.

Cherries, To stone

Use the rounded top of a new wire hairpin, pressing it into the fruit at the stem end and down beneath the

stone, which can then be lifted out with the loop without mashing the cherry.

Chiffon, To launder and cut easily

Place the chiffon in a large bowl filled with tepid suds of pure white soap flakes. Move about in the water and press gently between the hands, but do not rub. Pour off the water and when thoroughly rinsed—using a third water if necessary—squeeze gently, take the entire piece of fabric between the hands at once, and lay on a thick turkish towel. Pull into shape, cover with a second towel, and roll up. Press with a warm, not hot, iron while still damp. When cutting out, pin or tack the chiffon to thin paper.

Chimney, To cure a smoky

If the construction of the shaft is not at fault, a draught may be caused by opening the window and closing the door, while the fire is encouraged to burn up quickly by fixing a 'blower' in front (an old tin tray, or the shelf from an oven can be used for this purpose). Opening the window of the room immediately above that in which the fire is lit has sometimes proved effective.

Chimney, To extinguish fire in. *See FIRE IN CHIMNEY.*

China, Broken, To mend

An excellent cement for china is ordinary white lead ground in oil, which can be bought at any paint shop. The broken edges must be clean and dry. Coat both generously with the white lead—applying with the finger in preference to a brush—and fit together carefully. Hold in position several minutes, pressing firmly, and then fasten the parts securely with strips of adhesive plaster, rubber bands, or string, and stand on a perfectly level surface for several days before removing the fasten-

ings. When thoroughly dry, use a small file for the removal of the white lead which has been squeezed out of the break. If the form of the object is such that the parts cannot be securely held together by any of the above methods, fill with sand or sawdust nearly to the brim a wooden box at least twelve inches deep and lay a piece of cheesecloth over the top. The dimensions of the fabric should equal at least twice the diameter of the box. Press one section of the broken object down into the sawdust—carrying the cheesecloth with it—until only the fractured edge protrudes. Fit the parts together, and hold in position for a few moments, pressing firmly : then set aside to harden. For coarser crockery, pottery, etc., coat the broken edges thickly with white of egg, sprinkle with dry plaster of Paris and proceed as above. One oz. of gum acacia dissolved in a wineglass of boiling water makes a strong glue for repairing china.

Chintz, To wash without fading

Soak in warm rice water, or bran water, do not use soap. Rinse in clean warm, then cold water, and hang in the shade to dry. Iron while damp. Glazed chintz must be dry cleaned with brickdust and bran.

Chocolate Stains, To remove from fabrics

Soak in cold strong borax water for half an hour. Pour boiling water through and wash in the usual manner. For stains on silks or other non-washable fabrics, sponge with chloroform.

Chocolate, To prevent waste in melting

When chocolate is melted, so much sticks to the sides and bottom of the container as to cause considerable waste. This can be prevented by greasing the pan thoroughly before putting in the chocolate.

Clocks, Gilt, To clean. Treat as for CHANDELIERS.

Cloth, To raise the nap of

After brushing and cleaning hold the material in front of the spout of a kettle of boiling water, and while the steam is in the cloth, brush quickly to raise the nap. A wire bristled brush is most useful for this purpose. Coarse glass-paper can also be used.

Clothes, To store

Moths can be kept from clothing if it is wrapped in newspaper, and frequently scented with spirits of camphor. Rock camphor placed on the shelf of a linen cupboard or wardrobe will absorb any dampness. *See* also MOTHS, TO DESTROY.

Coal, The care of

Keep in a dark cellar if the maximum amount of heat is to be obtained. Sunlight is liable to cause coal to crumble and burn less brightly.

Coat Collars, To clean

1. *Velvet Collars* : sponge lightly with hot water and ammonia. After drying sponge with alcohol. If the nap is badly crushed, steam over the spout of a tea-kettle, then raise the nap with sandpaper, or a fine wire brush. 2. *Cloth Collars* : sponge with common salt moistened with ammonia. Follow with clear water and press under a cloth while damp.

Cockroaches, To exterminate

Whatever the repellent or destroyer employed, complete success can only be hoped for when it is used in large quantities over an extended period. The best results are obtained by means of the simultaneous use

of a dusting powder and a liquid, sprinkling the first-named over shelves, in drawers, round the edges of the floor close to the wall, and especially round the sink and water pipes, and squirting the liquid into cracks and crevices with a spring-bottom oil-can. Borax or pyrethrum powder and paraffin or a five per cent. solution of carbolic acid (**POISON**) make an efficient combination. If an oil-can is kept at hand it is often possible to dispose of many beetles individually when busy about the kitchen as a single drop is sufficient to kill. Carbolic acid should not be employed in this manner, however. Where the pests are extremely numerous, the use of traps and poisoned food may supplement the other means employed. Phosphorus paste (**POISON**) spread on small pieces of bread or raw potato or onion and placed in the runways at night will dispose of a goodly number. Collect carefully in the morning and burn. Of course children and domestic animals must be rigidly excluded from the kitchen where the poison is exposed.

Another often effectual method is to place here and there on pieces of cardboard, pinches of plaster of Paris and wheat flour in equal parts, thoroughly mixed. Then set a number of water-filled saucers about. The beetles eat the plaster mixture and then are driven by thirst to seek the water, which causes the plaster to 'set,' and thus destroys them. Considerable numbers can be disposed of by placing a slice of bread in a shallow basin with well greased sides and setting this on the kitchen dresser or wherever the beetles are thickest. Darken and close the room for an hour; then go in quietly, take up the oil-can and suddenly turn up the light, and by working swiftly dozens of the pests can be destroyed with paraffin before they have time to escape.

A method of trapping that has been proved successful

is to fill several one-quart preserve jars to the depth of an inch with treacle and water. Grease the upper part, inside, with olive oil applied with a brush. Place the jars about the kitchen and pantry and lean two or three long narrow strips of cardboard against each jar at an angle, with the tops bent down inside for a distance of two or three inches. Rub these runways with a cut onion to attract the beetles, which will travel to the top, drop over into the liquid, and find themselves unable to escape.

Cocoa Stains, To remove from fabrics

Soak in cold water, then dip the stain in boiling water to which borax has been added, or pour boiling borax water through the fabric. Soap fixes stains of this nature.

Coconut, Desiccated, To freshen. *See* DESICCATED COCONUT.

Coconut Mats. *See* MATS.

Coffee, To make

Use coffee berries freshly ground whenever possible. If ground at home, put them into the oven to get hot and crisp, then grind them while hot, and only use sufficient for immediate needs; the flavour escapes as soon as the berries are broken.

Allow one dessertspoonful of coffee and one teaspoonful of chicory for each person, decreasing the amount after four or five cups. Before pouring the boiling water on to the coffee grounds, mix with them a pinch of salt and a very small quantity of dry mustard, and stand the coffee-pot inside the oven to get hot before the water is poured in through the strainer. It is most important to use the strainer and to let the water trickle through,

so that it is actually boiling as it passes through the grounds. If the strainer is filled to the top, the water will take longer to pass through and the last portion will be cool before it reaches the pot. The boiling water needs to be added gradually to get the full strength and flavour from the coffee. Both the milk and jug should be warmed, and the cups also if possible, to serve coffee perfectly. Coffee that is allowed to boil will have an unpleasant metallic taste.

Coffee Grounds, Use for

Coffee grounds poured down a sink pipe will cleanse it. If drained well and dried in the oven they make an excellent stuffing for pin-cushions. Freshly ground coffee should not be left uncovered, as it quickly absorbs odours. A little sprinkled over hot cinders, or burnt on a shovel will hide any unpleasant odour in a room.

Coffee Stains, To remove from fabrics

(a) *When Fresh.* 1. Pour boiling water through the stains. 2. Rub with glycerine and wash in lukewarm water. 3. Moisten the spots and rub with borax. Soak half an hour in just enough cold water to wet thoroughly, and pour boiling water through. (b) *When Old and Dry.* Soak as directed, apply javelle water (*see JAVELLE WATER* for method of making) to the stain, and as soon as it disappears soak the place in ammonia and water to prevent damage to the fabric.

Coloured Fabrics, Delicate, To clean

Mix fuller's earth or powdered starch to a paste with glycerine. Apply thickly to the spot and let remain until dry. Remove by brushing with a whisk. The fuller's earth should be omitted for dark colours. Re-

peat if necessary, or if the stain has nearly disappeared, sprinkle with dry fuller's earth and let stand twenty-four hours. To disinfect *see* FORMALIN in MEDICAL ABC.

Coloured Fabrics, To launder

Do not soak unless badly soiled, and then for a short time only in cold water, containing a very little dissolved white soap and no soda.

A teaspoonful of Epsom salts added to each gallon of warm washing and rinsing water will prevent the most delicate colours fading or running. Vinegar will preserve or restore blue shades. Always dry coloured clothes quickly and preferably in the shade.

Coloured Ostrich Feathers, To clean. *See* FEATHERS.

Colouring for Soups, Gravies, etc., To make

Melt a teacupful of moist or castor sugar in an iron saucepan (tin-lined or enamel-lined pans are unsuitable for the purpose) and when the sugar has burnt a dark brown colour add gradually about a gill of water; stir well and let the sugar dissolve thoroughly, and form a thin syrup. When cold strain into a bottle and cork tightly. Larger quantities can be made, using half a pound of sugar to half a pint of water, but if required only occasionally colouring is best made about every ten days.

Colours in Fabrics, To restore

When the colour has been turned by acids, sponge with ammonia and water to neutralize the acid and follow with chloroform to restore the colour. In the same way, discolorations due to alkalies, *e.g.*, when blue is turned red by ammonia, may often be corrected by sponging with a weak solution of acetic acid, or with vinegar and water.

Colours in Fabrics, To set

Soak the fabric in the specified solution for several hours. Hang in the shade without wringing and let drip until dry. Then wash as usual (*see* COLOURED FABRICS, To LAUNDER). For *Black*, dissolve one cupful salt in each gallon of cold water, using ample water to cover. For *Blue*, use one cupful vinegar to each gallon of water. For *Brown*, one cupful salt and one tablespoonful alum to each gallon of water. For *Grey*, same as for *Brown*. For *Green*, use four ounces alum to a tubful of water. *Lavender*, one tablespoonful sugar of lead (**POISON**) to each gallon of water. *Pink*, same as for *Brown*. *Purple*, same as for *Lavender*. For *Red*, one tablespoonful ox gall to each gallon of water. For plaids, checks and fabrics with coloured figures, add the following to each gallon of water: half cupful vinegar, one cupful salt, one tablespoonful alum and one tablespoonful sugar of lead (**POISON**).

Colours in Materials, To revive. *See* FADED COLOURS.

Colours in Rugs and Carpets, To freshen

Faded colours can be freshened by sponging with a mixture of one part ox gall to two parts water. Or with strong salt water. Or with water containing about one teaspoonful of ammonia to the quart. (Too strong a solution of ammonia may alter certain colours, in which case the original colour may be restored by sponging with vinegar and water, half and half.) Still another method is to go over the surface with a broom dipped in warm water containing a little spirits of turpentine.

Combs, To clean

Remove dirt from between the teeth with a toothpick or thin cardboard. Swish to and fro in a basin of warm

water containing a few drops of ammonia, and wipe as dry as possible.

Cooking Stoves, Care of. *See* GAS RANGE ; OIL STOVE, CARE OF ; and RUST SPOTS.

Cooking Utensils, To clean. *See* ALUMINIUM WARE, BURNED COOKING UTENSILS, and SAUCEPANS.

Copper Kettle, To clean and polish

If only moderately tarnished, rub with lemon or vinegar and salt, wash off with soapy water, and polish, after removing any burnt or smoke marks with silver sand or ashes. When badly discoloured, clean and polish with the following mixture : 1 oz. saturated solution of oxalic acid (*see* SATURATED SOLUTIONS), 6 ozs. powdered rotten-stone, $\frac{1}{2}$ oz. powdered gum arabic, 1 oz. sweet oil, and sufficient water to make a paste. Apply with a woollen rag and finish with a little rotten-stone on a clean, dry rag. To keep clean after polishing, wipe over every few days with a rag slightly moistened with sweet oil or sewing-machine oil, leaving only the merest film on the surface. This affords protection from the corroding influence of the air and the metal will remain bright for a much longer time than when not so protected. Clean the inside by boiling water in the kettle to which has been added a tablespoonful of carbonate of soda to each quart of water. For the removal of green rust from copper or other metals, *see* VERDIGRIS.

Copper, Galvanized Iron, To remove rust from

Fill with a strong solution of soda and water and add a piece of soap, or soft soap ; boil for half an hour, then let the solution cool and after emptying the water away scrape the inside of the copper with a blunt knife or an

old chisel. Wipe away the rust scraped off, then fill again with cold water, add a tablespoonful of soft soap, and boil until the fire goes out. Empty the copper and dry it thoroughly, then coat it thickly with a wash made as follows : take 1 lb. of lime and 5 oz. of soft soap ; put both together in an old bucket and cover with water ; leave until the lime has slaked, then stir well with a strong stick and add a tablespoonful of powdered alum. The following day give another coat of the mixture, and repeat the next day, when the copper will be ready to use for boiling clothes without fear of rust or ironmould affecting them.

Corduroy, To launder

Fill a tub with warm soapy water, using a pure white soap. Wash the garment by lifting it up and down in the water, rubbing badly soiled portions with the palm of the hand or a soft brush. Wash in as many waters of the same temperature as may be needed to get it entirely clean, and rinse until all the soap is removed. Without wringing or even squeezing, carry the garment to the line. Shake occasionally while drying, and when thoroughly dry brush to restore the nap.

Corks, To prevent the sticking of

A little glycerine rubbed over the surface will keep corks from sticking in the necks of bottles containing glue, cement, shoe polish, etc.

Corsets, To clean

Rub dry salt or magnesia over the corset, inside and outside, and cover any stained parts with a paste made of fuller's earth, talcum powder and magnesia mixed with ammonia. Roll the corset up in a cloth and leave for forty-eight hours. Brush off the powder, and use

the paste again if necessary. Corsets, like all underclothes, should be thoroughly cleansed frequently, and if white they can be scrubbed with soap and water then boiled and bleached, but all steels should first be removed. A quicker method of cleansing is with benzine ; scrub the soiled parts and wipe as dry as possible, then smother the entire corset with talcum powder, rub it well in, then dry as quickly as possible. The powder should remain on as long as possible.

Cotton, To prevent knotting

Always thread the loose end through the needle, and knot the end broken off the reel ; if used the reverse way cotton is liable to knot quickly. Glycerine rubbed along cotton which is rough and inclined to snap will make it work smoothly in a sewing-machine.

Cotton Materials, To wash new

Before washing remove the dressing by soaking in cold water to which has been added a handful of salt or Epsom salts.

Cottons, Faded, To bleach. *See* FADED COTTONS.

Crape, Black, To renovate

To remove creases, shake gently in the steam from a boiling kettle. If rusty and limp, dip in strong black coffee containing a teaspoonful of ox gall to a quart, together with a quarter cupful of gum arabic (*see* GUM ARABIC SOLUTION) to restore the stiffness. Press between the palms of the hands until it ceases to drip, and pin to dry on a cloth-covered board, stretching just enough to remove creases. If the crape retains its colour and stiffening, but is merely wrinkled, cover the ironing board with black cambric and on it stretch and pin the

crape. Cover with a second length of black cambric wrung out of cold water and pat with the palm of the hand to force out the air and make sure that the two fabrics are in contact at every point. Then pass a hot iron *very lightly* over the surface. Continue until the cambric is dry and then remove it, but leave the crape pinned to the board until every particle of moisture has evaporated.

Cream, To whip quickly

Pour into a glass jar and when half full tie a parchment cover over to make it airtight ; then shake the cream vigorously.

Cream Stains, To remove from fabrics. *See GREASE SPOTS.*

Crêpe de Chine, To wash

Do not use soap, but borax, when washing crêpe de chine of any colour—this removes the dirt and preserves the gloss on the material. It should be put into the rinsing water as well.

Crêpe Georgette or Crépon, To launder (Cotton or Silk).
See GEORGETTE CRÊPE.

Cretonnes and Prints, To launder

Method 1. If colours are inclined to run, first treat as described under COLOURS, To SET. Then boil two lb. of rice or bran in two gallons of water until soft, let it stand until lukewarm, and wash the fabric in it, using no soap. Pass through the wringer or squeeze between the hands. Have ready a second lot of cooked rice. Strain it out (saving the water) and add enough clear lukewarm water to rinse the material thoroughly. Pass through wringer, dip in the water in which the rice was cooked, and dry

in the shade. Iron on the wrong side while still damp. Method 2. Set the colours, then wash in warm potato water, prepared by boiling one quart of grated potato (unpeeled) in two gallons of water for twenty minutes and straining off the water for use. This method is for dark colours only. Method 3. If the colours seem fast, wash in warm water with dissolved white soap (*see SOAP SOLUTION*) added, together with a tablespoonful of ox gall to each two gallons. Rinse in water in which rice has been boiled, to restore the original 'body,' or use glue in the water to give stiffness.

Cruets, To clean. *See CARAFES.*

Cucumbers, To keep crisp

Keep in a basin of very cold water until about an hour before they are to be eaten. Pare, slice, and sprinkle each layer with salt. Just before serving, drain off the liquid that has collected in the dish. The cucumbers will be crisper and better flavoured than when prepared in the usual manner.

Cupboards, To ventilate

Open and shut the door for a few minutes while the window of the room is open: all cupboards need as much ventilation as living rooms. Occasionally remove the contents, shake, and dust shelves with borax to exclude insects.

Curling of Rugs, To prevent. *See RUGS, TO PREVENT FROM CURLING, and RUGS, TO RE-SIZE.*

Currants and other Fruit, To soften

Dried fruits should not be used for cakes and puddings in a hard, dried-up state. They should be soaked in hot

water, or steamed, to soften or swell the fruit, then spread on a cloth and placed before the fire to dry. Wet fruit spoils a cake or pudding.

Curtains, To wash

Soak in warm ammonia water to soften the dirt and grease, then wash in warm water using soap powder or jelly. Soak in clear water before starching.

Curtains, Chintz and Velvet, To clean. *See* CHINTZ and VELVET.

Curtain-hooks and Pins, To clean. *See* BRASS PICTURE-HOOKS, CURTAIN-PINS, TO CLEAN.

Custard, To make smooth when curdled

When soft custard or custard sauce curdles in making, set it in a pan of cold water and beat with an egg-beater until smooth. Custard that looks honeycombed has been baked or boiled too quickly.

Cut Flowers, To keep fresh

If the stems are of the hard, woody variety, split the ends for a distance of an inch and a half. Clip off a small bit of the stem of each flower every day. A teaspoonful of salt and half a teaspoonful of soda dissolved in the water will help to prolong their life. A small piece of charcoal helps to purify the water. Roses require very cold water to keep them fresh, and for that reason they should be placed in a bowl or vase of generous capacity, as a small quantity of water will become warm sooner than a larger one. Change the water twice a day or oftener if necessary, and at night put the roses in a cold place. To keep flowers fresh in the post, close the ends of the stems by dipping in melted sealing-wax. Wrap the stems in moistened wadding and enclose the

packing box in several thicknesses of newspaper—an excellent non-conductor—before putting on the outside wrapper.

Damp Cellars, To dry. *See* CELLAR.

Damp Cupboards

A box of quicklime or blocks of camphor put inside will absorb all moisture in a short time.

Darning Linen. *See* TABLECLOTHS.

Decanters, To clean. *See* CARAFES.

Dents in Wood, To fill

If the surface is solid, not veneered, cover the dent with small pieces of blotting paper dipped in hot water and apply the tip of a heated poker to the topmost piece of paper. Repeat as many times as may be necessary to cause the compressed wood fibres to swell to their original dimensions. This remedy is only efficacious where the dent has been made by pressure, as from a blow, leaving the fibres intact. Where a piece of the wood has been gouged out, fill small cavities with stick shellac of the same colour, or dyed putty, and larger ones with pieces of new wood.

Desiccated Coconut, To freshen

Like all dried foods, coconut should have the moisture that has been removed by evaporation returned to it before it is used in cooking. An effectual method is to pour on the coconut enough fresh milk to cover and let it stand in a cold place for an hour or longer. Then drain in a wire strainer, pressing as dry as possible. Save the milk to cook with. The coconut will be nearly as tender and delicious as when newly grated.

Dishes, To set on ice securely

A rubber ring from a preserve jar placed under the edge of a dish that one wishes to chill by setting directly on the ice, will prevent accidents due to slipping. If the top of the ice slants a little, place the ring under the lower edge of the dish.

Distemper, To clean or renovate

Rub off any loose dust and dirt with a broom, covered with flannel, or old muslin curtains, then wash the distemper with warm water, working from the bottom upward and using a soft flannel. Retint any faded parts with coloured powder, to be obtained the shade required from oilshops.

Door Cleaning. *See* PAINTED WALLS.

Door Hinges, To remedy creaking. *See* HINGES.

Door Plates, To clean without injury to woodwork

To protect the surrounding woodwork when polishing a door plate, have an opening the exact size of the plate cut in a piece of tin and slip it over the door plate while cleaning. Heavy cardboard will answer the same purpose, but must be frequently renewed, whereas the tin will last indefinitely.

Doughs, Correct formulæ for mixing. *See* BATTERS.

Doyleys, To finish edges of

Instead of trying to make a rolled hem on doyleys, have the edges picoted at a machine shop. The result will be flatter and neater than when the hem is rolled.

Doyleys, To iron

Pin carefully into shape on a padded ironing-board and let dry. Then, without unpinning, iron under a cloth

wrung out of warm water. If trimmed with lace, iron the linen parts only.

Draining Boards, Care of

Unless protected, the sink draining boards gradually become dark coloured and spongy from being constantly water-soaked. To prevent this, they should be coated with oil or waterproof varnish when new, and fresh applications made at reasonable intervals.

Drains, To keep clean

Scald frequently with strong soda and water, then swill with cold and add disinfectant to the last, taking care to see that the grid is free from grease.

Drains, To test

Defective drains can often be detected in a house which has been closed for a time, by opening the cupboards quickly before the windows are opened, as in such places unpleasant odours accumulate. A simple test is to pour one ounce of essence of peppermint down an untrapped pipe, then pour boiling water down as quickly as possible. Any defect in the piping can soon be traced by the odour of peppermint which is powerful enough to penetrate quickly; this method is more pleasant than the smoke rocket test. A house should, however, not be inhabited until a certificate from the sanitary authorities has been obtained.

Drain Pipes, To clear when stopped. *See SINK DRAIN.*

Draw Curtains, To operate smoothly

After draw curtains have been in use for a time, dust accumulates and prevents the rings from sliding smoothly.

To obviate this, rub brass poles once a fortnight with a cloth slightly moistened with paraffin oil or sewing-machine oil, taking care not to leave enough on the surface to give the pole a greasy feeling when the fingers are passed over it. Wooden poles are less satisfactory, but if used they may be kept smooth by the use of paste wax, thoroughly polished when applied, and well rubbed at frequent intervals.

Drawers, To prevent from sticking

Rub a little wax on the slides and also on the lower edges of the drawers themselves, and polish thoroughly. Unless vigorously rubbed, wax forms a sticky coating, but properly polished it forms a hard, smooth finish. A bar of hard yellow soap may be used for the same purpose; also a black lead pencil gives a smooth surface.

Dressings for Salads. *See SALAD DRESSINGS.*

Dried Grass or Fibre Screens, To clean

Wash in soapy water, rinse and dry in the open air.

Dripping, to clarify. *See SOAP GREASE.*

Dry Rot, To prevent spreading

Use cedar-wood oil when polishing and squirt the oil into holes and crevices where dry rot is found.

Dust and Polish, How to. *See POLISHING FURNITURE.*

Dustbins, To cleanse

Grease and moisture can be removed from a galvanized dustbin by burning newspapers or straw in it each time it is emptied. A few small holes drilled in the bottom allow any moisture to drain off.

Dyeing Rugs on the Floor. *See* RUGS, To DYE.

Earthenware Vessels

To mend holes in earthenware articles and make them water-tight, mix the best plaster of Paris to a thin paste with white of an egg. The quantity of plaster must be determined by the size or number of holes to be filled up. Wet the hole with clear water, then cover it on the outside of the vessel with a piece of stamp paper or adhesive tape, then pour the plaster of Paris into the hole and leave it to set hard. Be careful to see that there are no air holes, and make the surface smooth with the inside of the vessel. Remove the paper or adhesive tape by soaking the article in water after the paste has hardened.

Earthenware Vessels, Casseroles, When new

Rubbing outside with a raw onion will prevent the vessel 'sweating' and lessen contraction, which is generally the cause of cracking when the pot is heated.

Ebonized Furniture, To remove scratches and polish

Paint with Indian ink ; smooth with fine sandpaper and paint again. When dry smear over with linseed oil, and when this has soaked in polish with beeswax and turpentine.

Egg Stains, To remove from fabrics

Soak in cold water and wash with soap and hot water.

Eggs, To beat quickly

Put into a clean glass, cover with white paper and place the hand over the top, then shake vigorously. Sugar added to eggs will also help to beat them up.

Eggs, To boil properly

To make a boiled egg digestible the albumen must *not* be allowed to harden before the yolk is cooked. To avoid this, the egg should be put into cold water, and when the water is quite boiling, remove it from the stove and let the egg remain in the water for two or three minutes. An egg taken from the nest requires longer time than one several days old, four minutes being the maximum time to allow. If plunged into boiling water in the usual way the white of the egg coagulates before the yolk has been even heated.

Eggs, To Economize, when cooking with

In Cakes : for each egg over three called for by the recipe, use instead one additional teaspoonful of baking powder and the same of cornflour. *In Custards and Sauces* : omit all eggs over two and substitute two tablespoonfuls of cornflour for each egg omitted. *In Omelets and Scrambled Eggs* : increase the bulk without detriment to the texture by adding one tablespoonful of milk or water for each egg used.

Eggs, To preserve in waterglass

Sterile eggs should be used, and they must be clean and perfectly fresh. If slightly soiled, sponge lightly with vinegar, but do not wash. If very dirty, discard. Scald a stoneware jar and fill with sodium silicate solution (see WATERGLASS). Arrange the eggs in this in layers, adding a few at a time as convenient, until the jar is filled. The solution should stand at least two inches above the top of the final layer. Cover tightly to prevent evaporation and set in a cool, dry place. Good eggs kept constantly covered by the solution will keep from eight months to a year. Pickled eggs may be boiled without cracking if the round end is pierced with a needle before putting into water.

Eggs, Hard-boiled, To slice

To slice perfectly, without cracking or crumbling, use a knife dipped in boiling water and wiped dry. Repeat as often as it cools. Cracked fresh eggs can be boiled if vinegar is added to the water, or if wrapped in tissue paper.

Electroplate, To clean

Wash in warm ammonia water then rub with cigar-ash or finely powdered whiting and polish.

Embroidery, To clean

For cleaning embroidery on material that will not wash, cover with a thick paste of powdered French chalk and alcohol, lay a piece of clean muslin over it, and roll up. Lay in a dark place for several days or until the alcohol has entirely evaporated, unroll, and brush off the dry chalk.

Embroidery, To iron

Lay face down on several thicknesses of Turkish towelling and iron the back. If badly wrinkled, cover with a cloth wrung out of cold water.

Enamelled Furniture, To clean. *See* WOOD FINISHES.

Enamelled Iron Baths and Fixtures, To clean. *See* PAINTED BATHS.

Enamelled Woodwork, To clean. *See* WOOD FINISHES.

Ermine or Fox, To clean

Any white or light furs may be cleaned with benzine or by a dry process, with dry magnesia or fuller's earth, rubbed well into the skin, then either brushed or shaken to eliminate the powder. For dark furs *see* FURS.

Fabrics, Colours of, To set. *See* COLOURS IN FABRICS, TO SET.

Fabrics, Spots and Stains on, To remove. *See* under specific headings, as INK STAINS, GREASE SPOTS, etc.

Fabrics, To bleach. For linens and cottons, *see* FADED COTTONS, and LINEN, TO WHITEN; also JAVELLE WATER, TO PREPARE, and BLEACHING POWDER. For silks and woollens *see* SULPHUR, and WHITE SILK, TO BLEACH.

Fabrics, To fireproof. *See* FIREPROOFING.

Fabrics, To make waterproof. *See* WATERPROOFING.

Faded Carpets, To freshen. *See* COLOURS IN RUGS AND CARPETS.

Faded Colours in Washing Materials, To revive

A spoonful of vinegar to each quart of rinsing water will sometimes revive faded colours, particularly when the fading has been caused by the use of washing soda and strong soaps in laundering. Wring thoroughly and dry as quickly as possible. Colour may also be restored by dipping the fabric repeatedly in a solution of borax, followed by exposure to sun or firelight.

Faded Cottons or Linens, To bleach white

Put into the clothes boiler as much cold water as will be needed for covering the fabric to be bleached. Measure out one tablespoonful of chloride of lime for each gallon. Stir into a portion of the water, let stand until settled, and carefully pour off the clear portion into the remaining water without disturbing the sediment. Add a teaspoonful of vinegar for each gallon of water and mix thoroughly. Immerse the fabric and, after soaking for an hour, boil fifteen or twenty minutes. Transfer to a tub filled with

warm water and plenty of ammonia and lift up and down with a stick until thoroughly rinsed. (The ammonia checks the action of the lime on the fabric.) Empty the tub, refill with clear hot water, and rinse again, or wash if needed. Faded blues and pinks can sometimes be whitened merely by boiling in a solution of one teaspoonful cream of tartar to each quart of water used. Either treatment is satisfactory for bleaching white fabrics that have become yellowed through disuse or careless laundering. See also BLEACHING POWDER, JAVELLE WATER, and LINEN, To WHITEN.

Faded Rugs, To freshen. *See COLOURS IN RUGS AND CARPETS.*

Fat, To clarify

1. Pour boiling water over the fat, heat until completely melted, and stand to cool. Remove the solid cake of fat which will form on top of the water and scrape off any impurities found clinging to the under side.
2. In case there are foreign flavours to be removed—as when the fat has been used for frying fish or onions—slice a couple of raw potatoes into a kettle of melted fat and fry to a rich brown. Remove with a skimmer and strain the fat through a piece of cheesecloth laid in a wire strainer.

Fat, To remove quickly from soup, etc.

When stock, soup or gravy is required to be skimmed of fat, strain it while hot through a cloth soaked in cold water. The fat will stick to the material, leaving the liquor as free as possible of all grease.

Fat, To render

Cut in small pieces and melt in a basin set in a cool oven. Strain through cheesecloth.

Feather Pillows, To wash

Boil fifteen minutes in a boilerful of water softened with one-third cupful borax and one tablespoonful ammonia (use neither soap nor soda). Lift out with a stick, lay on the washboard, and scrub the tick with a stiff brush dipped in heavy suds. Rinse in two waters, squeeze as dry as possible, shake vigorously and pin to a line in the shade. Shake and turn end for end several times daily. Bring in before the dew falls. It may take several days to dry.

Feathers, Ostrich, To clean

Draw the feather very gently through the loosely closed hand from base to tip in strong lukewarm suds of white soap. Rinse in clear water of the same temperature. For white feathers, add a very little blue. Tie a piece of string to the end of the quill and hang up to dry. Shake frequently while drying. If only a loose curl is wanted, produce by shaking the feather in the steam from a boiling kettle or over a warm stove; not, however, over an open gas burner.

Feathers, To transfer to a new tick. *See* PILLOW TICKS, TO CHANGE.

Felt Hats, White, To clean. *See* WHITE FELT HATS.

Ferns, Care of

Success with house ferns is dependent upon good drainage, adequate watering, and regular feeding. Insure the first by putting at least a one-inch layer of broken crockery in the bottom of the pot. For the best method of watering *see* TABLE FERNS. Ferns too large to be moved conveniently must be watered from the top, but instead of giving a little water every day, give enough to

saturate the soil thoroughly, so that the surplus runs through into the saucer, and do not repeat until the top soil is actually dry to the depth of half an inch. Never permit water to stand in the saucer, as it will cause the earth in the pot to mould and the fern roots to become slimy and unhealthy. Use water with the chill just taken off, especially in winter, and during the months when the house is artificially heated keep a dish of water on the radiator or stove. Feed once a month with a solution of nitrate of soda, one teaspoonful in a quart of water, using about a cupful for a five-inch pot. Spray the foliage occasionally with tepid water, using a plant syringe that throws a fine mist. This should only be done in clear dry weather.

Fibre Rugs, To paint. *See* MATTING, To PAINT.

Filter Water, To strain or. *See* WATER.

Finger Nails, To protect when house-cleaning, etc.

Wet the ends of the fingers and draw them over a wet cake of toilet soap with a scratching motion, forcing soap under the nails. This will keep out dirt when doing any kind of dirty work in the house. *See* also HANDS (in MEDICAL SECTION).

Fingers, To protect when ripping seams or paring hard vegetables. *See* ADHESIVE TAPE.

Fire in Chimney, To extinguish

Shut all doors and windows to stop the draught, then throw a few handfuls of common salt on the fire, which when burnt gives off a gas which extinguishes the fire. Powdered sulphur may also be used, but care must be taken not to inhale the fumes.

Fireless Cooker. *See* HAYBOX.

Fireproofing of Fabrics

Soak in a solution of one pound ammonium phosphate to one gallon of cold water. Or add one ounce of alum or sal ammoniac to the last rinsing water, or to the starch used for washing fabrics. This will prevent the cloth from bursting into flame, although it may smoulder. Strong borax water also does for the same purpose. It is advisable to treat children's garments in this way.

Fish, Easy method of scaling. Use a curry-comb instead of a knife.

Fish, Shopping guide for

When purchasing fish of any kind three things should be borne in mind which hold good in any season, viz., the flesh of fresh fish should be quite rigid and firm to touch, the gills red, the eyes bright and not sunken. If bloodshot, the fish is not fresh, though it may be perfectly good. Medium-sized fish are the best. White fish should be a creamy white colour on the underside, not a transparent bluish colour. Plaice can be chosen for its freshness by the feel of the skin and the colour of the spots, which are always bright orange if the fish is fresh. Soles and other flat fish should be thick and firm to touch.

Fresh shell-fish is never clammy or sticky. Heavy medium-sized crabs, lobsters, etc., are the sweetest.

	Obtainable.	Time and method of cooking.
BLOATERS ...	... Sept. to April	... Grill 10 to 15 minutes.
BREAM ...	... All the year	... Bake 40 to 50 minutes.
BRILL ...	... July to April	... Boil 10 to 15 minutes.
CARP ...	... Aug. to Feb.	... Bake 1 hour.
CHAR ...	... Feb. to Sept.	... Grill 10 to 15 minutes.
COCKLES ...	... July to April	... Soak in salt water, wash and scrub, boil in a little water for 5 minutes.
COD ...	... Nov. to March	... Bake or boil 20 minutes to 1 hour.

	Obtainable.	Time and method of cooking.
CRAB ...	... June to Sept.	... Boil quickly for 20 minutes.
CRAYFISH (Sea) ...	... Jan. to Sept.	... Boil 10 minutes
DAB ...	... Sept. to April	... Fry 10 minutes.
DORY ...	... All the year	... Boil or stew 25 minutes.
EELS ...	... July to May	... Boil 20 to 30 minutes.
FLOUNDERS ...	... July to April	... Fry 10 to 15 minutes.
GRAYLING...	... July to Jan.	... Bake 30 minutes.
GUDGEONS ...	... Aug. to Dec.	... Fry 5 minutes.
GURNET (Red or Grey) ...	... Oct. to March	... Bake 30 to 40 minutes.
HADDOCK (Fresh)...	... Aug. to March	... Boil 15 to 30 minutes.
" (Smoked)	...	... Boil or fry 10 to 15 minutes.
HAKE (Whole) ...	... May to Jan.	... Fry 15 min., bake 40 mins.(steaks)
HALIBUT ...	... All the year	... Boil 20 minutes, fry 15 minutes.
HERRINGS...	... May to Nov.	... Grill or boil 15 to 20 minutes.
LING ...	... Oct. to April	... Bake, stew, or fry 20 minutes.
LOBSTER ...	... June to Sept.	... Boil 30 to 45 minutes.
MACKEREL ...	... March to July	... Bake, boil, or fry 10 to 20 mins.
MULLET (Grey or Red)	... March to Nov.	... Soak in salt and water. Grill or fry 20 minutes.
MUSSELS ...	... June to Sept.	... Wash well and cook with a little water and vinegar for 10 mins. (<i>Carefully remove weed inside.</i>)
OYSTERS ...	... Sept. to April	... Stew for 15 minutes.
PERCH ...	... Sept. to Jan.	... Boil 15 minutes.
PIKE ...	... Sept. to Feb.	... Bake, boil, or grill 30 minutes.
PLAICE ...	... May to Dec.	... Fry 5 to 10 minutes.
PRAWNS ...	... May to Nov.	... Well wash and boil 8 minutes.
SALMON ...	... Feb. to Aug.	... Boil 5 to 8 minutes to pound.
SHRIMPS ...	... All the year	... Boil in salt water 5 to 8 minutes.
SKATE ...	... Sept. to April	... Fry 10 minutes.
SMELTS ...	... Oct. to May	... Bake 15 minutes.
SOLES ...	... All the year	... Fry 10 minutes.
SPRATS ...	... Nov. to March	... Fry or bake 5 minutes.
TENCH ...	... Sept. to Jan.	... Boil or fry 10 to 20 minutes.
TROUT ...	... Feb. to Sept.	... Stew 30 minutes.
TURBOT ...	... July to May	... Boil 20 to 30 minutes.
WHITEBAIT ...	... Feb. to Sept.	... Fry 2 minutes.
WHITING ...	... Aug. to April	... Fry 5 minutes, bake 20 minutes.

Fish may often be obtained out of season, but it is sometimes injurious and never so good to taste.

HINTS FOR CARVING OR SERVING FISH

Whole fish : Place on the dish with the tail to left.

Small fish : Heads and tails alternately across the dish.

Fish steaks, or middle cut : With thick part away from carver.

Whitebait, and other small fish of the kind: piled up in centre of dish.

Use paper dish covers for fried fish; napkin folded under boiled-whole fish. Silver knives and forks.

Lemon served with all white fish, or oysters, greatly improves the flavour; it may be added to sauce with any but smoked fish.

Flaky Piecrust, To make. *See* PIECRUST.

Flannels and Woollens. *See* WOOLLENS, TO LAUNDER.

Flavouring, To make almond

Remove the kernels from plum or cherry stones, and cover with gin. Keep in a bottle and use the essence as required for cakes, puddings, trifles, etc.

Fleas, To exterminate

Remove all floor coverings from the infested rooms to the open air. Wash the floor with strong soapsuds containing a strong disinfectant (Milton), sprinkle the floor freely with powdered borax or insect powder before putting down the rugs. Numbers of fleas can sometimes be trapped during the night by setting a small lighted lamp in a basin of water with a film of oil floating on the surface.

Flies, To rid the house of

The only effectual method of dealing with house flies is to prevent the development of the larvæ. The presence of flies in the house can be controlled by careful destruction of all refuse, and soiled materials, and frequent washing of window and door frames with disinfectant water. Sticky fly-papers, in the form of ribbons suspended from the ceiling, may be used in badly infested neighbourhoods, but should be kept away from all food. A more wholesome remedy is to be found in cedar-wood oil, which has a powerful but pleasant odour. Placed on pieces of cotton wool, or smeared over window frames and other places where the flies settle, it will prove effective in driving the flies away. Cloves tied in muslin and hung from the gas bracket are also useful. Flies will not trouble animals if the common oxeye daisy is freely scattered among the bedding in the stables.

Floors, Tiled, To clean. *See* TILED FLOORS.

Floors, To remove spots from. *See* under specific headings, as INK STAINS, GREASE SPOTS, etc.

Floors, Varnished, Waxed, or Oiled, To clean. *See* WOOD FINISHES.

Flour, To make self-raising

Allow about a quarter of a pound of baking powder to each gallon of flour (7 lb.) and add one ounce of salt, dried and crushed to a powder.

Flour, To test

After warming for an hour or two, pass it through a fine sieve, then spread a portion over clean paper. Good flour should have a pleasant smell and be free from any lumps or bran. If damp it will make the bread or pastry taste sour or musty.

Flowers, Artificial, To freshen. *See* ARTIFICIAL FLOWERS.

Flowers, Cut, To keep fresh. *See* CUT FLOWERS.

Fly Paper, To remove from fabrics

Saturate with alcohol, paraffin or turpentine.

Fly Specks, To remove

Gilt frames, chandeliers and ornaments, when defaced with fly specks, can be cleaned by sponging with alcohol or with lemon juice, and wiping with chamois; or by brushing over with white of egg and rubbing gently with a soft cloth.

Food, To protect while cooling

Cover with a piece of cheesecloth tightly stretched in an embroidery hoop a little larger than the dish which contains the food. Several hoops of graduated sizes may be kept for this purpose.

Formulæ, Correct, for mixing batters and doughs. *See*
under **BATTERS AND DOUGHS.**

Frames, Gilt, To clean

Frames that have become dark and dingy looking can be successfully cleaned and their brightness restored by any one of the following methods, provided the gilding is not actually worn through. This refers, however, only to gilding done with gold leaf or Dutch metal; not to frames painted with bronze powders. 1. Sponge with a weak solution of salts of tartar. 2. Rub with a cut lemon and sponge with water containing one tablespoonful of baking soda to the pint. 3. Sponge with the white of an egg into which one tablespoonful of baking soda has been stirred. 4. Cover with a thick paste of sifted whiting and alcohol and rub off with flannel before it hardens. 5. Apply with a brush the beaten white of an egg mixed with one-third its weight of javelle water. Remove by rubbing gently with a soft cloth and polish with chamois. *Gilt furniture* may be cleaned by the same methods.

Freezing Mixtures

For *Ice Creams*: three parts finely cracked ice to one part coarse salt. *Freezing Mixture Without Ice*: two parts sulphate of soda, one part muriate of ammonia, one part nitrate of potash. Pound each ingredient separately in a mortar, then mix and add water. Four ounces of the dry mixture to one gallon of water makes a solution of the right strength.

Frozen Pipes, To thaw

Turn the water off at the main, then turn the tap full on and pour boiling water round the pipe. Or fill cloth bags with sand, heat in the oven, and tie round the frozen part of the pipe (if accessible) and leave until the ice is melted.

Fruit and Vegetables, To handle when blanching

Time can be saved by placing the fruits or vegetables in a wire frying basket, plunging into boiling water for the required number of minutes, and lifting out by the handle.

Fruit as a Diet

The relative food value of the following fruits corresponds with the order in which they are named. The fruit must be fresh. Bananas, grapes, pears, apples, cherries, greengages, apricots.

Fruit, To preserve, with or without sugar

Fruit Bottling.—The sugarless method of preserving fruit is very satisfactory as a means of storing fresh fruit at a time when sugar is scarce, or jam is not required. Any large steamer or pan can be used for the purpose in place of a special preserving steamer, if care be taken to avoid the bottles knocking against each other. To prevent this, each bottle should be wrapped round with a band of twisted straw, or hay—hemp rope can even be used for the purpose. A folded cloth upon the bottom of the steamer will prevent the heat directly under from cracking the bottles.

Whatever kind of bottles or jars be used, they must be clean, dry, and free from any crack or flaw of any kind. Cracked utensils are useless, and badly shaped vessels are unsuitable. Those with an opening large enough to take the average size plum, and fitted with a screw or spring clip lid, with a rubber band attached, are the most satisfactory, as the fruit needs to be kept quite air-tight while being heated.

When preparing the fruit, avoid breaking the skin if possible, remove the stalks, wipe the skin with a damp cloth, then pierce it here and there with a silver pin.

Meanwhile, soak the rubber bands from the lids in warm water to soften ; then as the fruit is prepared fill each bottle to within an inch or so of the top, and pour cold water in until it covers the fruit. When all the bottles are ready filled, attach the rubber bands to the necks, rub the rim of the bottles with glycerine, then fasten down the lids, and after wrapping each bottle, stand carefully in the steamer, which should be half filled with cold water. Put the pan over a slow fire to boil the water gradually, and before it is really hot slightly unscrew each lid—just one turn—then gradually raise the heat until the water boils, then keep it simmering for two hours. By this time the fruit should appear to be cooked. Boil up quickly again for five minutes to increase the temperature inside the bottles, then remove from the steamer and stand on a dry cloth, screw each lid down tightly, and cover the bottles with a cloth to cool them gradually. If the lids are glass, however, remember to screw them down occasionally as the bottles cool, to keep the contents air-tight. If any signs of air bubbles are present in any bottle, remove the cover at once, and examine the inside, and the band. A slight defect in the fit will cause such a thing to happen, and a fresh lid can often be found to fit more securely. Place the bottle in a pan of cold water and boil up again in the same way. Always store bottled fruit in a cool dry place, preferably in the dark, as sunlight is often the only cause of preserves fermenting.

Fruit Cake, To arrange fruit in

Before adding the fruit, spread a thin layer of plain batter in the bottom of the tin and save enough to cover the top also. This makes the cake smooth and prevents the fruit from burning on the top and bottom of the loaf. To prepare dried or hard fruit for cakes *see* CURRANTS.

Fruit Pies: To prevent juice boiling out

Place a cup in the dish (inverted) to collect the juice ; wet the edge of pie dish to seal the pastry ; make holes in the crust, and tap the sides of the dish if any juice appears to be boiling out of the holes.

Fruit Preserving Guide

IN SEASON.			SUGAR FOR EACH LB. OF FRUIT.	FOR MAKING.
APPLES ...	... All the year	...	1 lb.	... Jelly.
APRICOTS ...	... June to Sept.	...	$\frac{3}{4}$ "	... Jam.
BLACKBERRIES ...	... September	...	1 "	... "
CHERRIES ...	... June to Aug.	...	$\frac{3}{4}$ lb.	... "
CRANBERRIES ...	... Sept. to Dec.	...	1 "	... Jelly.
CURRANTS, Black...	... July	...	$\frac{3}{4}$ lb. to 1 lb.	... Jam or Jelly.
" Red ...	... July to Sept.	...	1 lb.	... Jelly.
" White...	... "	...	$\frac{3}{4}$ "	... "
DAMSONS ...	... Aug. to Oct.	...	1 "	... Jam.
FIGS ...	... Sept. to Oct.	...	—	... —
GOOSEBERRIES, Red	... July to Sept.	...	1 "	... Jam.
" Green	... May to July	...	1 "	... "
GRAPES ...	... All the year	...	$\frac{1}{2}$ "	... "
" Hothouse...	... Sept. to Nov.	...	$\frac{1}{2}$ "	... "
GREENGAGES ...	... Aug. to Sept.	...	$\frac{3}{4}$ "	... "
LEMONS ...	... All the year	...	1 $\frac{1}{2}$ "	... Marmalade.
MEDLARS ...	... Oct. to Jan.	...	—	... —
MELONS ...	... June to Oct.	...	—	... —
NECTARINES ...	... Sept. to Oct.	...	1 lb.	... —
ORANGES ...	... March or April	...	1 "	... Marmalade.
PEACHES ...	... Aug. to Sept.	...	$\frac{1}{2}$ "	... Jam.
PEARS ...	... Sept. to March	...	—	... —
PINEAPPLES*	... All the year	...	$\frac{1}{4}$ "	... Jelly.
PLUMS ...	... July to Oct.	...	$\frac{3}{4}$ "	... Jam.
PUMPKINS†	... October	...	1 "	... "
QUINCES ...	... Aug. to Sept.	...	1 "	... Jelly.
RASPBERRIES ...	... June to Aug.	...	$\frac{3}{4}$ "	... Jam.
RHUBARB ...	... Jan. to April	...	1 "	... "
STRAWBERRIES ...	... June to July	...	1 "	... "

* This preserve will not keep for many weeks.

† Vegetable marrows (in season August to September) can be preserved in the same way as pumpkins, and require the same quantity of sugar. Ginger added makes a nice-flavoured jam.

The secret of making good jam is to use the best sugar, and nothing but sound ripe fruit, and to boil the jam quickly and long enough to cook the fruit thoroughly. The colour of red fruit is often retained by boiling before

the sugar is added, but the sugar must be put in before the fruit thickens, or the jam will be spoilt. If cheap inferior sugar be used there will be a greater amount of scum forming on top, which causes waste. Should the jam catch at the bottom of the pan, stand the pan immediately in a sink of cold water; leave for a few minutes, then turn the jam into another vessel while the preserving-pan is scraped free from the burnt fruit. Replace the jam, adding a little more sugar, and continue cooking. Often a little lemon juice added will take away any disagreeable taste.

Fruit Salads, To make. *See* SALADS.

Fruit Stains, To remove from fabrics

Ordinary fruit stains on washing materials can be removed by pouring boiling water through, provided the fabric has not been laundered since the stain was received. Old stains may need to be rubbed with glycerine and allowed to stand for an hour before the water is applied, or lard may be used instead of glycerine. If very obstinate, bleach with javelle water and transfer to a strong ammonia solution as soon as the stain disappears.

Peach stains will often yield if saturated with cold water, covered with cream of tartar and laid in the sun, rewetting as often as the fabric becomes dry.

For stains on coloured materials, especially woollens, sponge with alcohol (spirits of wine) containing a few drops of ammonia.

Fruit Stains on the Hands, To remove

Moisten a crust of bread with vinegar and rub on the stains, or grease the hands with lard and then wash with soap and water.

Fruit Stones, To remove easily

It is essential to keep fruit as dry as possible ; when stoning raisins, therefore, use a little butter instead of water to moisten the fingers ; the stones will not adhere to the fingers so much. It is an advantage to cut or pull raisins in half before stoning.

Frying, Rules to observe when

In order to retain the juices in meat, fish, etc., to be fried, the surface should not be washed, but merely wiped with a damp cloth, then sprinkled lightly with flour or fine breadcrumbs. If dipped in beaten egg, breadcrumbs should be used liberally to dry up the moisture. Only the best fat should be used, clarified dripping or salad oil. As soon as the fat has become still after boiling, and a blue vapour is seen rising from it, the fat is at the right heat for frying the food. Some food contains sufficient grease to require very little in the pan, but it is essential that the fat should be heated before the food is put in ; if this is not done the food will absorb the fat before a coating is formed. Burnt fat must not be used. Always raise the heat to increase the temperature lowered by putting the food into the hot fat, and do not overcrowd the pan. Never cover fish, as the steam that collects on the lid causes the fat to cool and the fish to lose its desired crispness. Meat, however, is usually more tender when covered while in the process of being fried.

Fur in Kettles, To remove. *See KETTLES.*

Furniture Polish, To apply

The secret of keeping furniture bright and clean looking is to apply 1 part furniture polish and 99 parts 'elbow grease' at regular intervals. The object in

using the polish is to return to the finish of the wood the infinitesimal quantity of oil that it has lost by evaporation. If the furniture has been much exposed to fog and dust it should be washed before applying the polish (*see* WOOD FINISHES, CLEANING AND CARE OF).

Furniture, To clean

Carved Furniture : Remove the dust from the crevices with a painter's brush with long bristles, a bellows, or a vacuum cleaner. Wipe the surface with a soft cloth wrung out of warm suds of white soap. When dry, pour a mixture of equal parts of turpentine and paraffin oil into a saucer, dip the paint brush in the mixture, just wetting the tips of the bristles, and remove the surplus by squeezing the end of the brush for an instant in a piece of cloth. Go over the carved portions with this, and treat the plain surfaces with a little of the same mixture applied with a piece of cheesecloth. Finish by polishing vigorously with a piece of flannel or velveteen.

Dull-finished Oak or Walnut : wipe with cheesecloth wrung out of tepid suds of white naphtha soap. Go over but a small portion at a time and rub dry with flannel before proceeding. Finish by applying a very little high-quality furniture polish on a clean piece of flannel, and rubbing until the wood no longer feels greasy to the touch. *Enamelled Iron* : *see* BEDS. *Gilt Furniture* : *see* FRAMES.

Grass Furniture : beat gently with a carpet beater covered with a soft cloth. Dust the chinks and crevices with a large bristle brush or remove the dirt with a vacuum cleaner. Wring a cloth out of cold salt water and quickly sponge the entire surface. *Painted Furniture* : *see* WOOD FINISHES, CLEANING AND CARE OF.

Polished Mahogany, including Piano Cases : dust thoroughly with a soft cloth. Wipe a small portion at a time with a chamois wrung out of cold water and rub

dry with a piece of velveteen (never use a dry chamois on polished woods). When covered with finger marks, or with the bluish, cloudy appearance technically known as 'bloom,' precede the final polishing by going over the surface with a piece of fine soft cheesecloth or velveteen wrung out of warm water containing one tablespoonful each of turpentine and linseed oil to the quart. Linseed oil is too gummy to use by itself on fine furniture, but the warm water and turpentine together cut the heavy body of the oil and render it harmless. *Rattan, Reed, or Willow*: first remove the dust by blowing with a bellows, bicycle pump, or the blower attachment of a vacuum cleaner. Then, if of 'natural' finish, wash thoroughly with warm soapsuds containing one teaspoonful of borax to the quart, applied with an ordinary scrubbing-brush. Wipe with a cloth and set in the sun to finish drying. If the furniture is stained or painted, treat as for painted furniture, for which *see* WOOD FINISHES, CLEANING AND CARE OF, only washing with a painter's brush with long bristles (not a scrubbing-brush) instead of a cloth. *Upholstered Furniture*: the vacuum cleaner has superseded all other implements for cleaning upholstery. When soiled or stained, consult the proper sections, as WOOLLENS, TO CLEAN, INK STAINS, ETC. For treatment of the exposed woodwork, *see* above. *Varnished Furniture*: *see* directions for cleaning varnished surfaces under WOOD FINISHES, CLEANING AND CARE OF. To remove scratches, dents, dry rot, etc., *see* under specific headings.

Furniture, Wicker, To bleach. *See* WICKER FURNITURE.

Furs

Dark furs may be cleaned with magnesia or hot bran. Spread on a sheet of paper, rub the bran well into the

skin, after brushing and shaking out any loose dust, using a fresh handful each time. Shake, then brush with a soft brush. For white furs, *see* **ERMINE**.

Furs, To protect from moths. *See* **WOOLLENS**.

Gabardine, To clean. *See* **SERGE**.

Garments, Faded Cotton, To bleach white. *See* **FADED COTTONS**.

Garments, Woollen, To remove gloss from. *See* **WOOLLENS**.

Gas Mantles, Broken, Use for

Old gas mantles are unexcelled as a polish for silver. Apply with a slightly damp cloth like any polishing powder. Rinse the silver in boiling water containing ammonia, and rub dry with chamois.

Gas Range, Care of

Wipe off grease or spilled liquids at once with crumpled newspaper. Once a week or oftener, wash with strong soapsuds and wipe dry. The enamelled portions need no further attention. Nickelled parts may be polished as needed (*see* **NICKEL**). Rub the other parts well with paraffin or sewing-machine oil. Let stand a few minutes and then wipe thoroughly with crumpled newspapers and polish with a piece of soft flannel. This mode of treatment is decidedly preferable to the use of blacklead. Once a month remove the top burners and boil ten or fifteen minutes in a strong solution of washing soda, a heaped tablespoonful to each quart of water. Rinse thoroughly in clear hot water, scrubbing with a stiff brush to remove all fragments of charred foods. Put back in place to dry. For treatment of the stove when rusty, *see* **RUST SPOTS**. *See* also **GRATES**.

Gathers, To regulate

Lengthen the stitch on the machine and loosen the tension. Stitch two rows along the edge to be gathered, one-fourth of an inch apart. Draw up the two under-threads, regulating the gathers with the free hand. This method is more satisfactory than using a rucking attachment.

Gelatine, To use

Dissolve the quantity required in a little water before adding to the preparation to be stiffened. Gelatine is liable to cause milk to curdle if it is added before being dissolved. If found to be too stiff, a jelly can be melted and more liquid added in the shape of water, fruit juice, milk, or wine, to make it the right consistency; then pour back into the mould to reset.

Georgette Crêpe, To launder

Squeeze gently in warm—not hot—suds of pure white soap and lift up and down in the water, putting the hands *under* the garment so as to prevent any strain. When clean, rinse in successive waters of the same temperature until the water is clear. Squeeze between the palms of the hands and roll in a thick Turkish towel. Press with a warm iron when partly dry. Garments that are embroidered with another colour should have the embroidery pressed between towels with the palms of the hands until practically dry before rolling as above. When washing coloured georgette that shows a tendency to run, add a little dye to the final rinsing water.

Gilding, To clean. *See* FRAMES, also CHANDELIERS.

Gilt Clocks, To clean. *See* FRAMES.

Gilt Furniture, To clean. *See* FRAMES.

Glass Stoppers, To remove

When stuck fast, pour a little glycerine round the neck of the stopper and let stand until it will lift out easily. Or heat the neck of the bottle by twisting a piece of string once round the neck and work rapidly backward and forward until the glass is hot and expanded.

Glass, To clean

Wash *Windows* and *Mirrors* with newspapers squeezed as dry as possible out of cold water containing a little ammonia and washing blue, and wipe with dry newspapers crumpled until soft, or chamois. This imparts a brilliant polish, and leaves no lint on the glass. In cold weather wet the papers in equal parts of alcohol and water to prevent freezing. To give a brilliant polish to mirrors, etc., use Bon Ami as directed on the packet. *Remove Fly-marks* with salt and lemon or vinegar, then clean with Bon Ami. *Paint on Glass* : scrape carefully with a blunt knife, then rub with leather dipped in turpentine and linseed oil, wash with soap and water, or warm ammonia water and polish. *See PAINT, TO REMOVE.* *To Prevent Mirrors Steaming* : after cleaning, rub with a rag dipped in glycerine ; polish with a dry duster until the glycerine is almost invisible but not entirely removed from the glass. *To Remove Scratches from Glass* : rub with putty or with rouge, using soft chamois or velvet.

Glass, To mend

Waterglass (sodium silicate) just as it comes from the bottle forms a cement which, owing to its perfect transparency, is particularly useful for mending glassware. Have the edges of the pieces clean and dry, apply the waterglass with a small paint brush to both edges, and carefully fit together, pressing firmly for several minutes

before setting aside to harden. A cement may also be made by dissolving white shellac in alcohol. Both cements will resist ordinary wear, but should be kept out of hot water.

Glass, To pick up fragments of broken

Spread a wet flannel over the glass fragments and pat lightly, or use a grease-covered cloth to pick them up. Afterward burn the cloth.

Glassware for a Small Family. For a list *see* HOUSEHOLD EQUIPMENT.

Gloves, To clean and renovate

Chamois : add a few drops of ammonia to a basin of warm (not hot) suds. Soak the gloves in this for fifteen or twenty minutes, then squeeze gently and transfer to another soapy water of the same temperature. Wash by squeezing and sousing up and down instead of rubbing. Rinse in a third water to which has been added a tablespoonful of olive oil. Press between towels to extract all the moisture possible, pull into shape, and hang up to dry. When still just a little damp, rub between the hands to make pliable, and repeat if necessary after the gloves are thoroughly dry. Never wash these gloves on the hands. *Kid, Black* : renovate by touching the worn spots with a camel's-hair brush dipped in a mixture of olive oil and ink. *Kid, Washable* : wash on the hands in warm suds of white soap, rubbing gently with a piece of well-soaped flannel. Rinse in soapy water and press with a Turkish towel before removing from the hands. Take off, pull into shape, and hang to dry. Rub between the hands when dry, to restore flexibility. *Kid, White* : when only slightly soiled, white kid gloves can be cleaned by rubbing gently with indiarubber, *see* also KID. *Kid, White*

and Coloured: sponge with a flannel moistened with grain (not wood) alcohol. Or soak in a glass jar filled with benzoline. When clean, rinse in a fresh lot of benzoline, pull into shape, and hang in the open air to dry. (Benzoline must not be used in a room where there is a fire or an open flame of any kind.) Or put the gloves on the hands and sponge with flannel moistened with a mixture of ether one part and benzol (not benzine) two parts. Wear until nearly dry, then remove, pull into shape and hang in the open air. Observe the same precautions as when using benzoline. *Suède Gloves*: put them on the hands and 'wash' in fine, dry maize meal. If the dirt is not entirely removed, put the gloves into a stout paper bag with a cupful or more of powdered magnesia and one-fourth as much cream of tartar, shake vigorously and let stand over night. Take out and shake the gloves, put them on the hands and remove the remaining powder by rubbing gently with white flannel. This treatment is efficacious for white and light-tinted gloves only.

Glue, To remove from fabrics

Soak washable goods in hot water and vinegar, or in vinegar alone. Sponge non-washable fabrics with vinegar and water, keeping a pad of soft absorbent rags beneath the spot to absorb moisture, and wetting the fabric as little as possible. Should the vinegar affect the colour, sponge with diluted ammonia followed by chloroform.

Glue, To resist moisture

Use one part glue and four parts milk (skimmed) and add powdered chalk to strengthen. Or one part glue, one part resin and quarter part red ochre mixed with the least possible quantity of water.

Gold Chains, To clean. *See* CHAINS.

Gold Clocks, Frames and Furniture, To clean. *See* FRAMES.

Gold or Silver Lace, To clean

Sew to a strip of clean linen and boil in a solution of one cupful of salt to one gallon of water. Dry without removing from the linen and then sponge with a piece of white velvet dipped in spirits of wine.

Goloshes, To brighten : To preserve. *See* RUBBER SHOES.

Granite, Discoloured. *See* MARBLE.

Grass Furniture, To clean. *See* FURNITURE.

Grass Rugs, To freshen. *See* MATTING.

Grass Stains, To remove from fabrics

Wet the spot, sprinkle with equal parts of salt and dry tartaric acid and lay in the sun. Or wet with glycerine, stand an hour, and wash in clear lukewarm water followed by soap and hot water. Or saturate with paraffin and wash as usual. White goods may be sponged with clear ammonia for the removal of grass stains. For silks and woollens, white or coloured, use alcohol or chloroform.

Grates : To keep steel parts bright

Smear with vaseline after cleaning. Cover thickly with a paste of fresh lime and water when the house is shut up, to prevent rusting.

Grease Spots, To remove

1. *From Books :* lay a piece of blotting paper over the spot and press with a warm flatiron. If not entirely removed, cover thickly with powdered magnesia, French

chalk or fuller's earth and stand twenty-four hours. Repeat if necessary. The covers of cloth-bound books may be lightly sponged with chloroform if other means fail. Treat leather-bound volumes as described below under 'Leather.'

2. *From Carpets*: if the spot is fresh, cover with blotting paper and press with a hot flatiron, changing the paper as it becomes discoloured. If not entirely removed by this means, cover the spot thickly with powdered magnesia or French chalk and let remain twenty-four hours. Then brush off with a whisk broom. Obstinate spots may be sponged with turpentine or benzine, but there must be no fire or open flame of any kind in the room, and the windows must be left open until the fumes have completely evaporated.

3. *From Cotton Fabrics*: washing materials may be rubbed with glycerine and washed with soap and warm water. Coloured cottons whose colours are not fast may be sponged with chloroform.

4. *From Floors, Kitchen Tables, etc.*: when grease or any greasy liquid, as gravy, is spilled on the floor or table pour over it immediately the coldest water available to congeal the fat before it has time to penetrate the pores of the wood. Scrape up as much as possible with a knife. Wash varnished floors with warm suds containing a spoonful of turpentine. Sponge oiled or waxed floors with turpentine and apply fresh oil or wax to the spot when dry. Unvarnished floors can be washed with a strong solution of washing soda in warm water and scoured with sand soap; or a paste of wood ashes and soft soap may be applied and left on over night. In the morning scrape off, and scrub the spot with washing soda solution and sand soap.

5. *From Leather*: sponge lightly with a piece of white flannel dipped in alcohol or chloroform. Or mix pow-

dered magnesia or French chalk to a thick paste with alcohol and apply. Let stand until dry, and brush off. Repeat if necessary. Grease may be removed from kid or leather shoes by sponging with benzoline.

6. *From Linens*: treat as for cottons.

7. *From Prints and Engravings*: follow methods prescribed above for books.

8. *From Silk*: (washing) may be treated as cottons (*see* above). For other silks sponge with chloroform applied with a piece of white flannel. Lay a pad of clean soft cloth under the spot, changing its position as it becomes soiled, and continue to rub lightly until the chloroform has entirely evaporated. Obstinate spots, of which some trace is left by the sponging, may be covered with powdered magnesia or French chalk and left undisturbed for several days. Brush off the powder with a soft brush. Repeat if necessary.

9. *From Woollen Fabrics*: sponge with soap bark (*see* SOAP BARK SOLUTION), or ammonia and water. Very old spots may be rubbed with glycerine and allowed to stand for an hour before sponging. Make a ring of powdered magnesia or French chalk round the spot to keep the glycerine from spreading.

10. *Special Treatment for Specific Kinds of Grease Spots*. (a) *Axlegrease* or *Grease from a Motor-car*: rub with lard and let stand an hour or longer to soften. Washing fabrics may then be washed with white soap and cold water followed by warm. Sponge non-washable materials with turpentine or chloroform, first scraping off as much of the grease as possible. Rub gently until dry—keeping a pad of clean rags under the spot—and hang in the open air until all odour has disappeared. Sponge floors with turpentine, and if a dark spot remains, bleach with a teaspoonful of oxalic acid crystals (**POISON**) dissolved in a cupful of hot water and applied with a

brush. *Note*: varnished floors cannot be bleached successfully by this method. (b) *Cream*: soak washing materials in strong borax water and wash with white naphtha soap and cold water followed by warm. Sponge non-washable fabrics with benzoline (taking due precautions against fire) or chloroform. (c) *Machine Oil*: rub lard on the spot and let stand several hours, then wash with soap and cold water followed by warm. Or sponge with benzoline, observing the usual precautions. Or damp the spots on any white fabrics with ammonia and wash with white soap, first in cold and then in warm water. (d) *Milk*: treat as for cream.

11. *Solution for General Use in Removal of Grease Spots*: 1 cupful ammonia, 2 quarts boiling water, $\frac{1}{4}$ pound white soap, $\frac{1}{2}$ ounce saltpetre. Shave the soap fine and dissolve in the boiling water. Leave to cool and settle, skim off the dry suds, add the ammonia and saltpetre and bottle for use.

Greens, To cleanse and cook

Borax used in place of salt, when washing all kinds of green vegetables, will remove dirt and insects, and improve the flavour of the greens. It may also be added to the water in which the vegetables are cooked to take away the odour so much objected to. A crust of bread tied in muslin serves the same purpose. As most of the valuable salts contained in the vegetables are extracted in the boiling process, the water should be reserved for making soups, gravies, etc. Vegetables steamed retain all their nutriment and are more wholesome than when boiled.

Gum Arabic Solution

A tablespoonful of powdered gum arabic dissolved in three quarts water. Or one ounce of powdered gum

arabic dissolved in one cupful boiling water, strained and bottled. Add one-fourth cupful of the solution to a quart of water. Use instead of starch for stiffening muslins, laces, thin silks, and dark-coloured fabrics.

Hairbrushes, To clean

Fill a basin with cold water and add a little baking soda or ammonia. Tip the basin sufficiently to allow the brush to be swished up and down in the water without wetting the back. Rinse in clear water, shake vigorously and place on its side or face on the sill of an open window to dry. Never wash in hot water, or let lie on the back when drying.

Hardwood Floors, To clean. *See* WOOD FINISHES, CLEANING AND CARE OF.

Hats, To clean. *See* STRAW HATS, TO CLEAN, also WHITE FELT HATS.

Haybox Cookery

A cooker that requires no attention, never burns the food put into it, and costs only a few pence to make, is really too valuable a possession for any housewife to be without in these days of costly fuel.

Nothing can begin to cook in a haybox, but food first brought to boiling point or given the necessary length of time to get thoroughly hot will continue to cook and finish perfectly if placed in the haybox.

Why it is safe.—Hay is a non-conductor of heat, and is therefore quite safe to use as a packing for the box. (A mixture of wood shavings and hay can be used with success.) A meal can be prepared and the hot pans put straight into the hay and left for hours without fear. The food while cooking does not lose weight, as, being tightly sealed with the airtight lid, there is no evaporation.

Even if left so long in the box that the food becomes only lukewarm it will retain its full flavour and moisture, and be usable if reheated on the stove; it may even be placed in the haybox again to keep hot until required without fear of spoiling.

Porridge prepared the last thing at night will be ready to serve for breakfast without any further cooking.

In the nursery a haybox is invaluable for keeping water or milk hot during the night.

Utensils to use, and time to allow.—Earthenware vessels with tight-fitting lids are found to be better than any other cooking utensil, as they retain heat longer than tin, aluminium, or enamel pans. Whatever kind is used, however, it must possess a lid that fits securely enough to prevent heat and steam escaping while the pan is on the stove, and after it is put into the hay. (Pans with loop handles and flat lids are easier to pack in the box if space is limited). Left undisturbed, food of any kind will continue to cook gradually and perfectly by this slow and safe method. Food that takes an hour to cook on a stove should be left for three hours in the box.

Food you can cook.—Everything that has not to be baked, fried, or grilled will cook perfectly in a haybox, such as meat of all kinds, including salted meat and ham, which loses little or no weight and is much improved by the gentle simmering process. Vegetables, fish, and fruit, rice, haricot beans, oatmeal porridge, steamed puddings, including dumplings, custards, etc. While jam may be made in the haybox, providing the first skimming is done before the lid is placed on the pan; less sugar is usually required when fruit is cooked in this way.

How to make the box.—Select a wooden box that is strongly made and fitted with a lid, hinged and with clasp in front to fasten it down securely. A box with a lid which fits down over the top all round is better still.

Line both box and lid with several layers of newspaper, stopping up all cracks, then procure enough hay to fill it. A tin trunk makes an excellent haybox.

To pack the box.—Half fill the box, then press the hay well down into the corners. Select the pans to be used—they should be kept specially for the haybox—and measure the depth, allowing room for a cushion to be placed over the pans when the lid is shut down. Pack the hay round the pans as tightly as possible, and keep them three inches apart. Make channels for the handles (if ordinary saucepans be used) to prevent the pans tipping. Fill the box until nearly level with the top. Use an ordinary cushion, or one stuffed with hay or sawdust, and covered preferably with flannel or felt.

Many people hesitate to cook green vegetables in a haybox because the colour is not so attractive as when the lid is left off, but the approved 'pinch of carbonate of soda and salt' added to the water in which the vegetables are boiled helps to preserve the colour and the greens are more nourishing and easy to digest. Quick boiling mashes the green stuff before it is actually cooked.

Cold storage.—In the height of summer food placed in the haybox in cold earthenware pans will keep cold and free from flies and dust.

Important.—The box should be kept off the cold floor and placed where there is no draught. It should be as near the stove as possible so that no time may be lost in transferring the pan to the hay. If space is limited the box can be used as a table while the food is inside, so long as the pans are tightly packed to prevent spilling the contents. It is important that this should be prevented, as otherwise the box soon becomes foul and the hay must be constantly renewed. With care the packing need not be disturbed for a considerable period.

Hearthstones

Clean with hot water, then apply hearthstone or stonemason's dust with thin starch, which makes it last longer.

Heavy Fabrics, To stitch

Before stitching thick materials, such as heavy duck or canvas, rub the hems and seams with hard yellow soap and the needle will easily penetrate.

Hems, To turn narrow. *See* NAPKINS.

Herbs, To dry

For those who grow their own sweet herbs for seasoning the following will be found an improvement upon the ordinary method of drying : wash thoroughly, shake off as much water as possible, and spread on a sheet of clean blotting paper in a large drip pan. Dry in a very moderate oven, leaving the door open. When cool, pack in air-tight receptacles.

Hinges, Creaking Door, To remedy

Rub the crevices with a moistened lead pencil to make the hinges work silently. This is more efficient and lasting than if oil be used.

Hornets, To rid the house of

Hornets sometimes invade a shed or attic in formidable numbers. To destroy them, place on the sill and ledge of one window small saucers of water containing one teaspoonful each of sugar and formaldehyde (**POISON**) with a piece of bread rising above the surface in the centre. Darken all other avenues of light. Keep the room locked and key hidden where children cannot find it until the poison is removed.

Household Equipment

The following lists of the necessary household linens, table ware and kitchen utensils for those about to set up housekeeping will be suggestive.

With very few exceptions only articles which will be found immediately requisite have been included. Of course, certain unimportant items can be improvised in the interests of strict economy. For example an empty tin of appropriate size and shape will serve for a coffee canister or tea caddy. In a few cases 'not essential' appears after an entry, but usually some substitute will be required if the article suggested is not obtained. For instance, if a dessert service is not to be acquired at once, certain fruit dishes, etc., will be found necessary. It has been assumed that entertainment on a very limited scale only is to be provided for; otherwise knives, etc., must be more generously purchased. It is better to begin with the bare minimum rather than to invest at the outset in a larger number of things at the expense of quality. Remember that quality is remembered long after price is forgotten.

LINEN, ETC.

Bathroom

6 Turkish towels

3 Bath towels

Bedrooms

2 Pairs sheets for each bed

1 Quilt for each bed

2 Pairs pillow-slips for each bed

1 Under mattress pad for each bed

2 Bolster cases for each bed

1 Duchess set for each

1 Duchess set, spare

1 to 2 Pairs blankets for each bed

2 Towels for each wash-hand stand

Dining-room

- | | |
|----------------------------------|---|
| 2 Large dinner cloths | 2 Five o'clock tea cloths |
| 4 Small cloths for every-day use | 4 Tray cloths |
| 2 Carvingcloths | 12 Serviettes |
| 1 Small cloth of fine quality | 2 Doyley sets for breakfast or luncheon |

Note.—Some housewives prefer to use runners or the small blue-and-white Japanese table covers for breakfast.

Kitchen

- | | |
|--------------------------|-----------------|
| 2 Dinner cloths (maid's) | 2 Roller towels |
| 6 Tea cloths | 2 Floor cloths |
| 4 Glass cloths | Dish cloths |
| 6 Dusters | |

CUTLERY AND SILVER

- | | |
|---|--------------------|
| Carvers and steel | 6 Fruit knives |
| 6 Each large and small knives (stainless) | Sugar-tongs |
| 6 Each large and small forks | 2 Jam spoons |
| 6 Dessert spoons | Sugar sifter |
| 6 Soup spoons | Pickle fork |
| 4 Tablespoons | Butter knife |
| 6 Fish knives and forks | Bread knife |
| Set of fish servers | 6 Egg spoons |
| 12 Teaspoons | 4 Condiment spoons |
| | Tea-strainer |
| | Nutcrackers |

CHINA

- | | |
|------------------------|-----------------------------------|
| Dinner service (small) | Breakfast service (not essential) |
| 6 Soup plates | Dessert service (not essential) |
| Soup tureen and ladle | |
| Tea service | |

Coffee service (not essential)	Biscuit and cheese dish
6 Porridge plates (not essential)	Cheese dish
6 Eggcups	Biscuit barrel (air-tight)
Fancy jugs, three sizes	Hot-water dish
Hot-water jug	Teapot stand
	Odd plates, cups, dishes, stands, etc.

GLASS, CHINA, OR SILVER

Teapot	2 Pairs salts and peppers
Coffee pot	Cake dish or basket
Sugar basin	4 Small fancy dishes for bonbons and relishes (not essential)
Cream jug	2 Glass dishes
Butter dish	Flower vases for table
Toast rack	
2 Jam pots	

GLASS

12 Tumblers	Celery glass
12 Wine glasses	Salad bowl (or china)
6 Custard cups	Lemon squeezer
Oil and vinegar cruet	1 Water bottle and glass for each bedroom
Water jug	

HARDWARE

Set of trays	Colander
Set of saucepans	2 Baking pans
Milk saucepan	2 Cake tins
Egg saucepan	12 Patty pans
Steamer	2 Round sandwich tins
Fish steamer or kettle	Jelly moulds, quart and pint
Frying-pan	Egg poacher
2 Kettles	Ladle
Basting spoon	

Skimmer	Nutmeg grater
Set of skewers	Dish pan
Egg whisk	Dustpan
Toasting fork	Soap dish
Potato peeler	Saucepan scraper
Bread pan	Soap shaker
Coffee canister	Hair or wire sieves
Tea caddy	Quart measure
Flour bin	Meat chopper and saw
Apple corer	Tin opener
Biscuit and pastry cutter	Corkscrew
Cake cooler	Coffee mill
Flour dredger	Scales and weights
2 Funnels	Scissors
Bread grater	

CROCKERY

Mixing bowl	2 Casseroles
Set of basins	2 Pie dishes
Butter cooler	Preserving pan

WOODEN ARTICLES

Salad spoon and fork	Chopping board
Bread board	Potato masher
Butter moulds	Salt box
Pastry board	Haybox
Rolling-pin	Towel rack

MISCELLANEOUS

Crumb tray and brush, or crumb-scoop	Bath sponge-rack
Plate basket	Cork mat for bath
Bottle opener	Toilet roll and fixture
	Etc., etc.

Household Pests, To exterminate. *See* under specific headings, as ANTS, COCKROACHES, FLIES, RATS, etc.

Hyposulphite of Soda, To bleach with

This is the familiar 'hypo' of the photographer and is a mild bleach which can be used with safety on woollens and washing silks. Prepare by dissolving one-fourth of a cup of the crystals in a gallon of water. Divide the solution into two equal parts, immerse the fabric for a few minutes in one of these, then squeeze out and transfer to the other. Rinse thoroughly in clear water and roll in a thick Turkish towel. Iron on the wrong side while still damp.

Ice Creams, etc., Freezing mixtures for. *See* FREEZING MIXTURES.

Iceless Refrigerator, To make

Build a set of shelves held together at the four corners by uprights which extend downward to form short legs. Make the top and bottom of reinforced galvanized iron screening, quarter-inch mesh. Cover the three sides and a hinged door-frame fitted to the fourth with flannel, the upper end of each strip being cut long enough to extend into a pan of water set upon the top of the structure. The water travels down the fabric walls, and the contents of the refrigerator are cooled by its evaporation. Care must be taken to re-fill the pan on top as often as it becomes nearly empty.

Incandescent Mantles, To strengthen

Mantles can be made to last twice as long if they are soaked, before using, in vinegar, then slung across the top of a tumbler to dry. The process requires great care.

Indelible Pencil Marks, To remove from fabrics

Soak the fabric in alcohol and then wash. Lemon and dry salt will remove pencil marks on woodwork and paint.

Ink Stains, To remove

These are the most difficult of all stains to deal with, owing to their varied composition. Solvents which will remove one kind successfully often have no effect upon another ; hence the safest method is to experiment first with those that are harmless, such as milk, or salt and lemon, and proceed to the use of the powerful lime and acid bleaches only when other means have failed. *To Remove Ink from Carpets* : if the stain is still wet, cover thickly with salt. Scrape up with a spoon as often as this becomes discoloured, and replace with fresh. When no more ink is absorbed, rub the spot with cut lemon and rinse with clear water. If this fails to remove the stain, or if it has dried before it could be treated, *see* POTASSIUM, and apply as directed. Or sponge with one part sulphuric acid (**POISON**) in ten parts water. Apply with a cloth swab tied to a stick, taking care that the acid does not touch the hands or clothing. Finish by sponging with ammonia and water to check its action. *From Fabrics, Non-Washable* : rinse out as much ink as possible by sponging with clear water. Then cover the spot with salt, wet with lemon juice, and lay in the sun. Or cover with a thick paste of milk and starch. Let remain two days, brush off, and sponge the place with clear water. Delicate tints may be wetted with peroxide of hydrogen and put in the sun. Darker colours, which do not yield to other methods, may be treated with a paste of mustard, which, when dry, should be washed away with cold water, or the stain may be saturated with turpentine and kept wet for an hour or

two if necessary, occasionally rubbing between the hands. Sprinkle powdered magnesia or French chalk in a ring round the wet portion to keep the turpentine from spreading. Rub lightly with a soft cloth wet with turpentine. Hang in the open air until all odour and moisture have evaporated. As a last resort, stretch the stained portion over a basin partly filled with boiling water, and with a medicine dropper apply oxalic acid (**POISON**) drop by drop until the stain disappears or shows that the acid is powerless to affect it. Then moisten the stain immediately with strong ammonia water and press between blotters in order to dry quickly. Fabrics that water will spot cannot of course be treated by this method. *From Fabrics, Washable* : submerging the stain in milk and letting it remain two or three days until the milk turns sour will effectually remove certain kinds of ink, as will the salt and lemon treatment described above. Some ink stains can be washed out with soap and hot water if first smeared and well rubbed with melted tallow or paraffin. Ripe tomato juice is a successful solvent for some kinds of ink, and will not injure the fabric. Obstinate stains can often be removed by soaking in a weak solution of chloride of lime (*see* BLEACHING POWDER) or Permanganate of Potash (*see* POTASSIUM) or by the application of oxalic acid as described above under *Non-Washable Fabrics*. With washing materials, however, the stained portion should be lowered into the boiling water in the bowl two or three seconds after the application of the acid, repeating the bleaching and rinsing as many times as may prove necessary to remove the stain. Then transfer to a basin of strong ammonia solution, and finish by rinsing in clear cold water. *From Leather* : apply water and note whether the ink runs. If it does, apply slightly-moistened baking soda and let it remain until discoloured, repeating as many times as

necessary. If the ink is unaffected by water try alcohol. If still unsuccessful, dissolve one or two oxalic acid crystals (**POISON**) in a teaspoonful of water and apply to the spot. As soon as bleached, wipe dry and then sponge with ammonia and water to check the action of the acid. *On Paper, as Books and Prints*: first apply a little clear water and take up as much of the ink as possible with blotting paper. Then, with a swab of absorbent cotton twisted round a stick, touch the spot with a solution of oxalic or tartaric acid (**BOTH POISON**), rinse with a clean swab dipped in ammonia and water, and dry between blotters, pressing with a warm iron. Or apply in the same manner chloride of lime—*see BLEACHING POWDER*—followed by ammonia water. *From Wood*: some inks can be removed from mahogany with a few drops of spirits of nitre added to a teaspoonful of water and applied to the spot with a feather. For varnished surfaces use a solution of one part oxalic acid (**POISON**) to ten of water, and rinse with ammonia and water. Unfinished floors, shelves, etc., may be sponged with turpentine, or the spot may be covered with a paste of chloride of lime and water. Let it remain until dry and then wash off with clear water. *Solvents for Special Kinds of Ink—Coloured Inks*: nowadays coloured inks are commonly made with aniline dyes which are difficult to cope with. Alcohol will remove some coloured inks, and ammonia also is occasionally successful, though its use should be confined to white fabrics. The stains will generally yield to bleaching powder, but this cannot safely be used on silks and woollens. *India Ink* is soluble in alcohol, which will not injure even delicate fabrics if the pure alcohol be used. *Indelible Ink*: stains made by this ink on washing fabrics can often be bleached by soaking in hyposulphite of soda, which is less apt to injure the

fabric than bleaching powder. *Marking Ink*: immerse the material in a solution of chloride of lime to turn the ink white, then put into ammonia for a minute or two and finally wash in clear water. Also see BLEACHING POWDER. *Printer's Ink*: sponge with turpentine. Washing materials may be soaked in paraffin instead and the stained portion washed in ammonia water before laundering in the usual manner.

Insect Pests, To destroy. *See* under specific headings, as ANTS, COCKROACHES, etc.

Iodine Stains, To remove

Sponge silks and woollens with alcohol, ether, or chloroform. Soak washing fabrics in strong ammonia water or a strong solution of 'hypo' (*see* HYPOSULPHITE OF SODA). Rinse in clear water as soon as the stains disappear.

Iron Beds, To clean. *See* BEDS.

Iron Beds, To re-finish. *See* BEDS.

Iron in Water, To remove

When water that is strongly impregnated with iron is used for washing, it is apt to stain the clothes. The iron can be precipitated, however, by adding, for every gallon, a heaped tablespoonful of washing soda. Dissolve the soda in a small quantity of boiling water, mix thoroughly with the water, and let stand four or five days, then carefully drain off or dip out the clear water without disturbing the sediment.

Iron Mould, To remove from fabrics. *See* RUST SPOTS.

Iron Rust, To remove from metals. *See* RUST SPOTS.

Iron Utensils, To care for

Before using new cooking utensils made of iron, rub them outside and in with unsalted fat and heat on the stove until very hot ; not, however, in direct contact with a gas flame. Let cool, wash with soap and hot water, and they are ready for use. The greatest enemy of iron is rust. If to remain unused for some time, protect with a thin film of oil or vaseline. If rust appears despite all precautions, remove by rubbing with steel wool or emery paper. When the rust is very deep, immerse the utensil, or at least the rusted portion, in paraffin for a period which may vary from an hour to several days, and then scour with steel wool.

Ironing

Use wire gauze instead of sandpaper for cleaning the irons or electro-plated slip covers. Stand on a horsehair cushion to ease the feet while ironing.

Ivory Knife Handles, Care of

Avoid putting ivory knife handles in hot water, which turns them yellow. Wash with tepid, slightly soapy water and wipe quickly. Once a month rub them gently with a piece of flannel moistened with grain alcohol and dipped in powdered whiting that has been sifted through cheesecloth. If they show signs of yellowing, wet with soapy water and lay in the sun for several hours. Repeat the wetting as often as the handles become dry, and turn during the process so as to bleach both sides.

Ivory, To bleach

Ivory carvings and ornaments that have grown yellow may be bleached by resting on strips of zinc in

the bottom of a glass vessel, covering with spirits of turpentine, and exposing to the sun for several days. When only slightly discoloured it sometimes suffices to brush them over with a thick paste of sifted whiting and alcohol. Let this remain until the alcohol evaporates, and brush off the whiting with a clean soft brush. A shaving brush or an infant's hairbrush may be used with satisfactory results.

Ivory, To clean

Piano keys are best cleaned with a soft cloth, and carved ornaments with a brush dipped in sal volatile or grain alcohol. Exposure to sunlight is the best preventive of yellowing, and for this reason the keyboard of the piano should never be kept covered, or ivory ornaments be packed away in dark cupboards or drawers.

Jam Making. *See* FRUIT PRESERVING GUIDE.

Japanned Articles

Wipe with warm water and soap, dry, then sprinkle with dry flour, leave for a time, then dust and polish.

Javelle Water, To prepare

Dissolve 1 lb. of washing soda in one quart of boiling water, and $\frac{1}{2}$ lb. of chloride of lime in two quarts of cold water. Pour the clear portion of the lime solution into the soda solution and let stand to settle. Decant the clear liquid into bottles, cork tightly, and keep in a dark place.

Javelle Water, To use for bleaching fabrics

Stir one to two cupfuls of javelle water into a pailful of clear hot water. The material or garment to be bleached must be clean, and evenly wet by wringing out

of warm water. Plunge it into the bleaching solution for three or four minutes and then rinse thoroughly in hot soapsuds followed by clear water. If not sufficiently bleached in the time specified, it is better to rinse, wring out, and return the article to the solution for another period of three or four minutes than to let it remain longer at one time.

Jelly, Test for

Jelly is done when a very little poured from a spoon forms a single large drop and breaks away quickly from the spoon.

Jewellery, Gold and Silver, To polish

Cover with a paste of sifted whiting and ammonia and let dry, then brush off with a soft brush and polish with a chamois, or by shaking in boxwood sawdust.

Jewish Holidays

All Jewish holidays commence on the previous evening of the following days :

Purim, March 24th and 25th ; Passover, April 23rd, 24th, 29th and 30th ; Feast of Weeks (*Shevuoth*), June 12th and 13th ; New Year, Oct. 3rd and 4th ; Day of Atonement, Oct. 12th ; Tabernacles, Oct. 17th and 18th ; Shemeni Etseret, Oct. 24th ; Simchus Torah, Oct. 25th ; Feast of Lights (*Hanucha*), Dec. 26th.

For English, Scottish and Irish Bank Holidays, Quarter Days, Law Sittings and Vacations, *see* under specific headings.

Kettles, To remove and keep free from fur

A small stone marble kept inside will prevent fur forming in a kettle. To remove fur fill the kettle with

soda water and boil with two peeled potatoes. Empty and fill again with clean water, boil up, then rinse well with cold water.

Kid, To dry clean

Remove the surface dirt with a soft indiarubber, then with a powder made of equal parts of pipeclay, powdered alum and fuller's earth.

Knife Handles, Ivory, To clean. *See* IVORY KNIFE HANDLES.

Knitted Garments, To launder

Free the garment from all loose dust, then measure and write down the length and width of the front and back, length of shoulder, and length of sleeves along the seam. Dissolve two tablespoonfuls of white soap flakes in a half-cupful of boiling water and stir into a gallon of warm water (for coloured garments the water should be cooler than for white). Put in the garment to be laundered and wash by squeezing and lifting up and down in the soapy water, taking care not to stretch it. Do not rub. Rinse in several waters of the same temperature as the washing water, and for white garments add a very little blue to the last rinsing water. Squeeze between the hands, roll in a Turkish towel and squeeze again to extract as much moisture as possible. Set a table outdoors in the shade and cover it with a folded sheet. On this lay the garment with the back next the sheet, and draw the fronts together and the sleeves straight out. Verify all measurements and if necessary stretch and pin the garment into shape. When partly dry turn the other side up.

Knitted Underwear, To mend without puckering

Lay a piece of similar knitted fabric under the hole and put both pieces together into an embroidery hoop,

stretching only enough to make smooth. Darn with long stitches of white darning cotton. Trim off the surplus material from the back and run down the edge of the patch with darning cotton, before removing the hoops.

Knitting Needles, Celluloid, To straighten

Celluloid knitting needles often become bent. When this occurs, pour hot water over them or hold in the steam from a tea-kettle, and straighten with the fingers. Then plunge into cold water to harden. Remember that celluloid must never be held near an open flame.

Knives, To clean and store

After removing the stains with a cork dipped in emery powder, wood ash, or monkey soap, knives may be polished much quicker on a warm board than a cold one. If a machine be used, the knives themselves can first be warmed in hot water and wiped dry. If wrapped in sheets of brown paper, or packed between layers of sheeps' wool, steel knives will not rust.

Knives, Steel, To clean

The best cleaner for regular use is a large cork dipped in water and then in knife powder. Lay the knife flat on the sink-board or other solid surface when scouring. For obstinate stains, rub with a cut potato dipped in fine brick-dust and knife powder.

Labels, To stick to glass or tin

Mix one part of powdered gum arabic with one part starch and four parts sugar. Add a little water and boil until the dry ingredients are dissolved. Thin with clear water to the consistency of liquid glue.

Lace, To clean

Add a very little blue to skimmed milk, and soak and squeeze the lace in it until clean. Pull carefully into shape, cover with a cloth, and press with a warm iron. If badly soiled, substitute warm suds of pure white soap for the skimmed milk, and add a few drops of ammonia. Rinse in clear water in which granulated sugar, one tablespoonful to a quart, has been dissolved. To wash fine pieces of real lace without injury, baste face down on a piece of clean white canvas material, taking care to catch every point. Drive two stakes into the ground and nail a crosspiece from one to the other. Over this lay the canvas, lace up, like a tent, and fasten the four corners by means of strings to four pegs driven into the ground on either side at a little distance from the uprights. With a very soft shaving brush or a sponge, cover the lace with a thick, creamy lather of Castile or the best quality of shaving soap. Allow to remain a few minutes; then, before it dries, rinse off by pouring clear lukewarm water over the surface. If necessary, apply a second lather and rinse in the same manner. Continue rinsing until all the soap is removed, adding a little blue to the final water. Then sponge or brush a thin solution of gum arabic over the lace—*see GUM ARABIC SOLUTION*—and, when the canvas is nearly dry, lay face down on a folded Turkish towel and iron until entirely dry. *See also BLACK LACE, and GOLD OR SILVER LACE.* White lace that is only moderately soiled can be dry-cleaned by sprinkling thickly with powdered magnesia or French chalk and left for a few days rolled up in a towel; then open and shake out the powder. Repeat if necessary.

Lace, Yellowed, To whiten

Add dissolved soap (*see SOAP SOLUTION*) to equal parts of milk and water until strong suds are formed. Add a

teaspoonful of borax for each quart of liquid, put in the lace, and boil half an hour. If this does not have the desired effect, rinse the lace and spread on a large platter. Place in the sun and pour on enough clean soapy solution, prepared as above, to saturate thoroughly. Add more from time to time as it evaporates, and continue the bleaching for several hours. As a last resort, should this also fail to whiten the lace sufficiently, try 'hypo' as described under HYPOSULPHITE OF SODA.

Lacquer, To remove from metal

Lacquer that has been partly worn off from silver ornaments, brass beds, etc., thus permitting the metal to become tarnished through contact with the air, can be entirely removed by sponging with alcohol. Polish the metal thoroughly and apply a fresh coat. Lacquer can be purchased ready-mixed at paint shops.

Lamb. *See* MUTTON.

Lamp Burners, To clean

Wash or boil in water in which beans have been cooked or in soda water, then stand on the stove to dry.

Lamp Chimneys, To toughen

Stand new lamp chimneys in a large saucepan and cover with cold water to which add a spoonful of salt. Boil, and keep just below the boiling point for twenty minutes. Let the chimneys remain in the water until it cools. Rinse and polish with dry salt.

Lamp Wicks, Treatment of

New wicks burn better after being soaked in hot vinegar. When dry dip into paraffin before passing through the burner.

Laundry Hints

The addition of a small quantity of ammonia and borax to the soapy water in which clothes are soaked loosens the dirt and facilitates washing, besides making the material whiter.

Badly soiled garments should have the dirtiest parts dipped in water, well soaped, and tightly rolled up before they are put to soak.

Good suds are essential, and are produced more quickly by the addition of dissolved soap (*see SOAP SOLUTION*) than with bar soap.

Laundry Solutions, To prepare. *See* under specific headings, as SOAP SOLUTION, GUM ARABIC SOLUTION, JAVELLE WATER, etc.

Law Sittings and Vacations

SITTINGS

Hilary	begins	January 11th	ends	March 23rd.
Easter	„	April 5th	„	May 13th.
Trinity	„	May 24th	„	July 31st.
Michaelmas,	„	October 12th	„	December 21st.

VACATIONS

Christmas	begins	December 22nd	ends	January 5th.
Easter	„	Good Friday	„	Easter Tuesday.
Whitsun	„	Whit Saturday	„	Whit Tuesday.
Long	„	August 1st	„	October 11th.

For Quarter Days see under QUARTER DAYS.

Leather Stains on White Stockings, To bleach

Dip the stained portion in a mixture of one part saturated solution of oxalic acid (*see SATURATED SOLUTIONS*) and ten parts water. Transfer immediately to a bowl of clear water containing half a teaspoonful of ammonia,

and rinse in clear water. Repeat as many times as necessary. Or bleach with permanganate as directed under POTASSIUM. Remember that both solutions are deadly **POISON**.

Leather, To clean and preserve

The life of *Leather Upholstery* can be prolonged by applying once a month with a soft cloth a mixture of one part vinegar with two parts linseed oil. Use only a very little at a time and finish by polishing with a piece of silk. When soiled, leather upholstery can be cleaned with liquid shoe cleaners, or with a mixture of equal parts of soap solution, and paraffin oil. *Leather Book Bindings* can be cleaned and freshened by the application of equal parts of milk and white of egg, beaten together. Rub on gently with a piece of soft flannel and polish with an old silk handkerchief. If mould is found on book covers, wipe with oil of lavender, which cleans and prevents the mould from forming again. Sprinkle the oil on the shelves at the same time.

Leather: To preserve boots, harness, etc.

When not in use all leather articles, such as boots, belts, harness, saddles, etc., should be rubbed frequently with saddle soap—to be obtained from any harness makers—and after the preparation has been on for a day and is dry, polish with a soft cloth or leather.

Wet boots or leather should not be dried by heat. Make a preparation of two parts Russian tallow and one part vaseline, and rub this well into the leather; then fill the inside of the boots with dry oats which will absorb the moisture, or bury the article in a box of oats, until the leather is quite dry.

To make leather pliable soak in water, it is then easy to bend or cut.

Leather, To waterproof. *See* WATERPROOFING.

Leavening Agents, Correct proportions of

Use one level teaspoonful baking powder to one cupful flour for cakes, pastry and puddings.

Use two level teaspoonfuls baking powder to one cupful flour for muffins and baking powder biscuits.

Lemon Juice, Uses for

In place of vinegar the juice of a lemon may be substituted. To extract the full amount of juice the lemon should be warmed. Blackberry, black-currant and damson stains on the lips or tongue can be removed with lemon.

Lettuce, To dry quickly

After washing thoroughly, put the lettuce in a cheese-cloth bag or wire basket, and swing in a large circle for a moment or two. The water is thrown off the leaves by centrifugal force and absorbed.

Linen, To distinguish from cotton

1. A drop of glycerine placed on linen is quickly absorbed and forms a transparent spot. On cotton it is not absorbed, but rolls up like a drop of mercury.
2. Linen tears hard, with a sharp, shrill sound, and the torn edges are smooth. Cotton tears easily, with a dull, muffled sound, and the edges curl as they tear.
3. If the tip of a moistened finger is applied to linen, the moisture will be visible on the reverse side almost instantly; on cotton there will be an appreciable interval.
4. Linen remains smooth when rubbed with a damp cloth; cotton roughs up and appears furry.

Linen, To whiten

Method 1. Soak in buttermilk from twenty-four to forty-eight hours. Rinse in clear cold water followed by warm water and dry on the grass in the sun if possible. Method 2. When badly yellowed by age or disuse, soak twelve hours in a mixture of one pound baking soda to one gallon of boiling rain water. Boil half an hour in the same liquid. Have ready a solution of chloride of lime (*see* BLEACHING POWDER). Immerse the linen and allow it to remain until sufficiently whitened. Rinse in strong ammonia water followed by clear water, and dry in the sun. This method can be used also for yellowed cottons.

Linens and Bedding for a Small Family. *See* HOUSEHOLD EQUIPMENT.

Linoleum, Non-slippery polish for

After cleansing and drying the linoleum or oilcloth smear over with hot glue water, then leave to dry and the surface will be shiny, without being slippery. For worn oilcloth this plan is an excellent one to adopt in place of polish.

Linoleum, To clean

Linoleum should always be oiled or varnished in order to protect the surface from wear and keep the colours fresh. It may then be cleaned in the same manner as an oiled or varnished wood floor. For directions, *see* WOOD FINISHES. Unfinished linoleum may be washed with warm suds of white soap, applied with a heavy woollen cloth instead of a scrubbing-brush. If the seams have not been properly cemented, take care not to let water go through the cracks. Wipe as dry as possible, and freshen the colours by rubbing with a second cloth

moistened with furniture polish or paraffin. Remove white spots by rubbing with spirits of camphor.

Linoleum, To lay

Measure and cut the breadths and lay loosely in place, letting them remain for a week or longer in order to become stretched. Then trim the edges, if necessary, and tack down. The seams should be cemented to prevent water from working under the linoleum when the floor is washed. A quarter-round moulding carried round the edge close to the skirting is also a help in this regard, besides making sweeping and cleaning easier. If the floor is rough and uneven, the linoleum will wear longer if laid over several thicknesses of newspaper or one of felt. In order to give the best service, however, linoleum should be solidly cemented to a floor that is perfectly level and smooth. This work should be done by an expert. For uneven floors sawdust in a thick layer has been found satisfactory under linoleum. Brewer's yeast has proved the best adhesive for oilcloth on stone floors.

Linoleum, To paint. *See OILCLOTH, TO PAINT.*

Machine Belt, To tighten

Slip one or more large rubber bands over the small wheel of the machine and the belt will be kept taut until the work in hand is finished and permanent repairs can be made.

Machine Needles, To sharpen. *See NEEDLES, MACHINE.*

Machine Oil, To remove from fabrics. *See GREASE SPOTS.*

Mackintoshes, To clean. *See RAINCOATS.*

Mackintoshes, To preserve

To preserve, wipe all mackintoshes free from mud and wet and hang in the air to dry, then fold up. They

should not be kept hanging, but folded on a shelf when not in use.

Mahogany, To free from 'bloom' or cloudiness. *See*
'BLOOM.'

Marble, To remove discolorations from granite or

For the removal of rust spots caused by the dripping of water containing iron, apply with a brush or swab a solution of one part oxalic acid (**POISON**) and ten parts alcohol. As soon as the stain disappears, rub with a cloth wrung out of cold water and then wet with ammonia. Do not permit the acid to remain on the marble longer than half an hour in any case, as all acids will destroy the finish after a time. Should the finish be dulled and roughened, smooth the surface with a damp cloth dipped in powdered pumice, and polish with whiting.

Grease and dirt may be removed from marble with a paste of turpentine and whiting. Cover the stain and let stand for some time; then wash off with soap and warm water. For general cleaning when badly soiled, use salt and vinegar, but do not permit the vinegar to remain for more than a few minutes lest it affects the polish. Rub with furniture cream and polish.

Marking Ink, To apply

Moisten the linen to be marked with cold water starch; dry, then iron, and the surface will be smooth and even to write upon. To remove marking ink *see* under **INK STAINS**.

Mats, Angora or Coconut, To clean

Light Angora Mats: clean with plaster of Paris well rubbed into the skin. Dark-coloured Angoras require

hot bran. *Coconut Matting*: beat well, then scrub with warm water and salt, using soap if very soiled. Rinse and hang in open air to dry.

Matting, Straw, To freshen

Sponge with strong salt water; or, if much stained and faded, with strong soda water. A very simple pattern that has faded can be restored without much labour by going over the figures with a paint brush and dyes of the proper colours. *Note*: Grass and fibre rugs can be freshened with salt water, but will be injured by the soda solution.

Matting, To paint

When matting is badly stained or faded but not much worn, it can be made presentable by giving it two coats of high quality floor paint, first washing it with strong soda water to remove grease, and drying thoroughly. Grass and fibre rugs can be treated in similar fashion, washing with soapsuds and a very little ammonia instead of soda. Stretch and tack firmly to the floor before painting.

Mattresses, To clean

Stains on mattresses can be removed in most cases by covering with a thick paste of laundry starch and soap jelly (*see SOAP JELLY*). Allow it to remain until dry, and brush off with a whisk. Repeat if necessary. Fuller's earth may be used in place of starch. For general cleaning, a vacuum cleaner excels all other implements.

Mattresses, Wire, To keep bright. *See WIRE MATTRESSES.*

Meat, Shopping Guides for Beef, Mutton, Lamb, Veal, Pork, Bacon. *See* under respective headings.

Meat, When found to be tainted

Remove as much fat as possible and cut away any part necessary, then soak the meat in cold water to which vinegar has been added. Examine and wash again, if necessary, then dry and cook at once by baking or frying. It is never wise to boil or stew any meat that is not absolutely fresh.

Medicine Stains, To remove from fabrics

Washing Materials: pour boiling water through the stain from a height and then launder as usual. *Non-washable Fabrics:* sponge with alcohol.

Menu Terms

1. THEIR MEANING

Abricots. Apricots.

Aceto dolce. Italian pickle, often served with meat.

Africaine (à l'). African style, also name given to small tartlets.

Agneau, Côtelettes d'. Lamb cutlets.

Agneau, Quartier d'. Hind-quarter of lamb.

Alose. Shad.

Aloyau. Sirloin of beef.

Ananas. Pineapples.

Anglaise (à l'). In English style.

Anguilles. Eels.

Artichaut. Artichoke.

Asperges. Asparagus.

Aspic (à l'). Savoury jelly.

Au gras. Rice, macaroni, etc., seasoned and cooked in rich gravy or sauce.

Au gratin. Baked with grated cheese and crumbs.

- Avelines.* Filberts.
Bavaroise. Bavarian cream made with custard.
Beignets. Fritters.
Beurre noir. Black butter.
Bifteck. Beefsteak.
Biscuits à la cuiller. Sponge fingers.
Blanchaille. Whitebait.
Bœuf braisé. Braised beef.
Bœuf, Côte rôtie. Roast ribs of beef.
Bœuf, Culotte de. Round of beef.
Bombe glacée. Mould of ice-cream filled with a different kind of ice-cream or fruit custard.
Bouillon. Clear soup.
Bourgeoise (à la). In family style.
Brochet. Pike.
Cabillaud. Fresh cod.
Café. Coffee.
Café noir. Black coffee.
Cailles. Quails.
Canard. Duck.
Canard sauvage. Wild duck.
Caneton. Duckling.
Caramel. Burnt sugar (used to colour gravies, etc.).
Carrelet. Plaice.
Caviar. The roe of the sturgeon, salted.
Céleri. Celery.
Cervelle de veau. Calves' brains.
Champignons. Mushrooms.
Charlotte. A kind of pudding made of bread or cake and fruit, covered with custard, garnished with preserved fruits.
Chateaubriand. Fillet-steak.
Chevreuil. Venison.
Chipolata. A stew with onions.
Chocolat. Chocolate.

Chou-fleur. Cauliflower.

Cochon de lait. Sucking-pig.

Compote. Fruit stewed in syrup.

Concombre. Cucumber.

Consommé. Clear soup.

Côtelettes de mouton. Mutton cutlets, chops.

Crêpes. Pancakes.

Crêtes de coq frites. Fried cockscombs.

Crevettes. Shrimps.

Croquettes. Meat minced, dipped in egg and bread-crumbs, made into balls and fried.

Croustade. Raised pie.

Daxelles. A savoury mince.

Demi-tasse. Literally 'half-cup,' used to signify a small cup of black coffee, generally taken at the close of lunch or dinner.

Dhall or *Dholl.* Pulse-food used for kedgerree.

Dinde. Turkey.

Éclair. French confectionery, filled with cream and covered with chocolate or coffee icing.

Écrevisses. Crayfish.

Entrée. Hot or cold side-dish, generally served with a sauce.

Entremets doux. Sweets.

Épaule d'agneau. Shoulder of lamb.

Éperlans. Smelts.

Épinards. Spinach.

Escargots. Snails.

Espagnole (à l'). In Spanish style.

Esturgeon. Sturgeon.

Faisan. Pheasant.

Farci-e. Stuffed.

Flétan. Halibut.

Framboises. Raspberries.

Frappé. Semi-frozen.

Fricassée de poulet. A white stew of chicken.

Fromage. Cheese.

Fruits confits. Preserved fruits.

Galantine. Veal or chicken rolled or pressed and jellied and served cold.

Gâteau. Cake.

Gelée. Jelly.

Genevoise (à la). Geneva style.

Glacé. Iced, or glossed over, also used to describe crystallized fruits and nuts.

Harengs. Herrings.

Haricots verts. French beans.

Hochepot à l'anglaise. Oxtail soup.

Hollandaise. Dutch style, also the name of a rich hot white sauce.

Homard. Lobster.

Hors-d'œuvres. Relishes, usually served at the beginning of a meal as appetisers, consisting of anchovies, sardines, olives, etc.

Huîtres. Oysters.

Hure de sanglier. Boar's head.

Irlandaise (à l'). Dishes made with potatoes used as garnish.

Italienne (à l'). In Italian style.

Jambon. Ham.

Julep. An American drink.

Julienne. A clear vegetable soup.

Kromeskis. Same as croquettes.

Laitance. Soft roe of fish.

Laitue. Lettuce.

Langue de bœuf. Ox-tongue.

Lapin. Rabbit.

Légumes. Vegetables.

Lentilles. Lentils.

Lièvre. Hare.

Lyonnaise (à la). A garnish chiefly composed of fried onions.

Macarons. Macaroons.

Macédoine. Mixture of various vegetables, boiled in stock, drained, cooled and mixed with béchamel sauce. Also applied to a fruit salad.

Maître d'hôtel (à la). Meat quickly prepared and served with a butter sauce and parsley.

Mandarines. Mandarins.

Maquereau. Mackerel.

Marrons. Chestnuts.

Marzipane. Confectionery made of almond-paste.

Mayonnaise. Mayonnaise.

Mendians. Almonds and raisins.

Merlan. Whiting.

Mouton, Gigot de. Leg of mutton.

Mouton, Selle de. Saddle of mutton.

Napolitaine (à la). In Neapolitan style.

Navarin. A kind of haricot stew, garnished with turnips.

Nèfles. Medlars.

Nesselrode. Iced pudding.

Noix. Walnuts.

Œufs farcis. Stuffed eggs.

Œufs pochés. Poached eggs.

Oie rôtie. Roast goose.

Olives. Olives.

Omelette aux champignons. Omelet with mushrooms.

Omelette aux fines herbes. Omelet with parsley and sweet herbs.

Oranges. Oranges.

Oseille. Sorrel.

Pain. Bread.

Pain. Loaf, savoury or sweet; the former made of chicken, game, liver, etc., seasoned and cooked in

plain moulds, turned out and jellied, sometimes served two together, a small loaf on a larger. A little 'loaf,' oval-shaped, the size of a walnut, of marzipan, very lightly baked.

Parisienne (à la). In Parisian style.

Parmentier. Purée of potatoes.

Pâté. A savoury pastry or raised meat-pie.

Pâté de foie gras. Paste made of goose-liver.

Pâtisserie. Pastry.

Pêche. Peach.

Perche. Perch.

Perdreau. Young partridge.

Perdrix. Partridges.

Persil. Parsley.

Petits pois. Green peas.

Pigeon. Pigeon.

Pignatelli. Fritters with cheese.

Poires. Pears.

Poivrade (à la). Pepper sauce (with).

Polonaise (à la). In Polish style.

Pommes. Apples. (Often used for pommes de terre.)

Pommes de terre. Potatoes.

Potage. Soup.

Pot pourri. A stew of various spiced meats.

Poularde. A fattened pullet.

Poulet. Chicken.

Poulet en casserole. Chicken, fried, then stewed in a casserole.

Présalé. Mutton from sheep fattened near the sea.

Printanier. Spring soup.

Pruneaux. Carlsbad plums.

Prunes. Plums.

Purée. Ingredients rubbed through a sieve.

Purée de perdreaux. Partridge soup.

Quenelles. forcemeat served as an entrée.

Queue de bœuf. Oxtail.

Radis. Radishes.

Ragoût. A thick, highly seasoned stew.

Raisin. Grapes.

Réchauffés. Re-heated, or warmed-up dishes.

Reine-claude. Greengages.

Relevés. Removes, the roasts or principal dishes.

Rémoulade. A rich white mustard sauce.

Ris de veau. Sweetbreads.

Rissoles. Minced meat or fish rolled up in thin pastry and fried brown.

Rognons grillés. Grilled kidneys.

Rôti. Roast.

Rouget. Red mullet.

Salade. Salad.

Sauce tartare. A salad-dressing or cold sauce.

Saumon. Salmon.

Savarin. Open fruit tart.

Sole. Sole.

Soufflé. Literally, 'puffed up,' a delicate, baked custard, which may contain fruits, flaked fish, or finely minced poultry, or meat.

Tanche. Tench.

Tarte aux pommes. Apple pie.

Tête de veau. Calf's head.

Tortue, potage à la. Turtle soup.

Tourte. An open tart.

Truite. Trout.

Turbot. Turbot.

Tutti-frutti. An Italian mixture of cooked fruits or vegetables.

Vanille (à la). Flavouring of vanilla.

Veau. Veal.

Venaison. Venison.

Volaille. Fowls.

Vol-au-vent. Raised pie of chicken, fish, meat, etc; or puff pastry filled with sweetbreads, etc.

Vraie tortue. Real turtle.

Zambagloine. A kind of chocolate cream served hot or cold.

2. TO TRANSLATE A MENU INTO FRENCH

HORS-D'ŒUVRES

Anchovies	..	..	<i>Anchois.</i>
Butter (shells)	..	..	<i>Beurre en coquille.</i>
Caviare	..	..	<i>Caviar.</i>
Gherkins	..	..	<i>Cornichons.</i>
Olives	..	..	<i>Olives.</i>
Radishes	..	..	<i>Radis.</i>
Sardines	..	..	<i>Sardines.</i>

SOUPS—POTAGES

Chicken	..	..	<i>Consommé de volaille.</i>
Clear	..	..	<i>Consommé.</i>
Hare..	..	..	<i>Potage de lièvre.</i>
Julienne	..	..	<i>Julienne.</i>
Kidney	..	..	<i>Potage aux rognons.</i>
Lentil	..	..	<i>Purée de lentilles.</i>
Oxtail	..	..	<i>Hoche-pot à l'anglaise.</i>
Potato	..	..	<i>Potage parmentier.</i>
Spring	..	..	<i>Potage printanier.</i>
Turtle	..	..	<i>Potage tortue.</i>

FISH—POISSON

Cod (fresh)	..	..	<i>Cabillaud.</i>
Cod (salted)..	..	..	<i>Morue.</i>
Eels	..	..	<i>Anguilles.</i>
Lobster (mayonnaise)	..	..	<i>Mayonnaise de homard.</i>
Mackerel	..	..	<i>Maquereau.</i>
Mullet (red)..	..	..	<i>Rouget.</i>

Plaice	..	..	..	<i>Carrelet.</i>
Salmon	..	..	..	<i>Saumon.</i>
Smelts	..	..	..	<i>Éperlans.</i>
Sole	..	..	..	<i>Sole.</i>
Sturgeon	..	..	..	<i>Esturgeon.</i>
Trout	..	..	..	<i>Truite.</i>
Whitebait	..	..	..	<i>Blanchaille.</i>
Whiting	..	..	..	<i>Merlan.</i>

ENTRÉES

Beef rissoles	..	..	<i>Rissoles de bœuf.</i>
Calves' head	..	..	<i>Tête de veau.</i>
Fricassee of chicken	..	..	<i>Fricassée de poulet.</i>
Haricot mutton	..	..	<i>Navarin.</i>
Jugged hare	..	..	<i>Lièvre en casserole.</i>
Lamb cutlets	..	..	<i>Côtelettes d'agneau.</i>
Stewed kidneys and mushrooms	..	..	<i>Rognons sautés aux champignons.</i>
Sweetbreads	..	..	<i>Ris de veau.</i>
Veal and ham croquettes	..	..	<i>Croquettes de veau et de jam-</i>
Venison ragoût	..	..	<i>Ragoût de venaison. [bon.</i>

VEGETABLES—LÉGUMES

Asparagus	..	..	<i>Asperges.</i>
Cauliflower	..	..	<i>Chou-fleur (au gratin).</i>
French beans	..	..	<i>Haricots verts.</i>
Green peas	..	..	<i>Petits pois.</i>

ROASTS—RÔTIS

Beef (roast rib of)	..	..	<i>Côte de bœuf rôtie.</i>
Beef (sirloin of)	..	..	<i>Aloyau de bœuf.</i>
Chicken (roast)	..	..	<i>Poulet rôti.</i>
Duck (roast)	..	..	<i>Canard rôti.</i>
Duck (wild)..	..	..	<i>Canard sauvage.</i>
Goose (roast)	..	..	<i>Oie rôtie.</i>
Lamb (hindquarter of)	..	..	<i>Quartier d'agneau.</i>

Mutton (leg of)	..	..	<i>Gigot de mouton.</i>
Mutton (saddle of)	..	..	<i>Selle de mouton.</i>
Partridges	..	..	<i>Perdrix.</i>
Pheasant (roast)	..	..	<i>Faisan.</i>
Quails	..	..	<i>Cailles.</i>
Sucking-pig.	..	..	<i>Cochon de lait.</i>
Turkey (roast)	..	..	<i>Dinde rôtie.</i>
Veal (roast fillet of)	..	..	<i>Filet de veau.</i>
Venison (haunch of)	..	..	<i>Quartier de chevreuil.</i>

SWEETS—ENTREMETS DOUCEURS

Apple charlotte	..	..	<i>Charlotte aux pommes.</i>
Apricot tart	..	..	<i>Savarin aux abricots.</i>
Bavarian cream	..	..	<i>Bavaroise à l'orange.</i>
Fritters	..	..	<i>Beignets.</i>
Fruit jelly	..	..	<i>Macédoine de fruits.</i>
Iced pudding	..	..	<i>Pouding nesselrode.</i>
Maraschine jelly	..	..	<i>Gelée au marasquin.</i>
Pancakes	..	..	<i>Crêpes.</i>
Punch jelly	..	..	<i>Gelée au punch.</i>
Stewed raspberries	..	..	<i>Compote de framboises.</i>
Vanilla soufflé	..	..	<i>Soufflé à la vanille.</i>

Biscuits	..	..	<i>Biscuits.</i>
Black coffee	..	..	<i>Café noir.</i>
Cheese	..	..	<i>Fromage.</i>

DESSERT—DESSERT

Almonds and raisins	..	..	<i>Mendiants.</i>
Apricots	..	..	<i>Abricots.</i>
Filberts	..	..	<i>Avelines.</i>
Glacé chestnuts	..	..	<i>Marrons glacés.</i>
Grapes	..	..	<i>Raisin.</i>
Greengages	..	..	<i>Reine-claude.</i>
Mandarins	..	..	<i>Mandarines.</i>

Medlars	..	..	..	<i>Nèfles.</i>
Oranges	..	..	..	<i>Oranges.</i>
Peaches	..	..	..	<i>Pêches.</i>
Pears	..	..	..	<i>Poires.</i>
Pineapples	..	..	..	<i>Ananas.</i>
Plums	..	..	..	<i>Prunes.</i>
Plums (Carlsbad)	..	..	..	<i>Pruneaux.</i>
Preserved fruits	..	..	..	<i>Fruits confits.</i>
Walnuts	..	..	..	<i>Noix.</i>

Menu, Order of

Hors-d'œuvres. Appetisers.

Potage. Soup.

Poissons. Fish.

Entrées. Hot or cold made dishes.

Rôts. Roasts.

Légumes. Vegetables.

Gibier or Volaille. Game or poultry.

Gelées, Crèmes. Jellies, creams.

Fromage. Cheese.

Dessert. Fruit, etc.

Glaces. Ices.

Meringue, To keep from falling

Add $\frac{1}{4}$ teaspoonful of baking powder.

Mesh Bags, To clean

Wash with a small brush in soapsuds containing ammonia. Dry by shaking in boxwood sawdust.

Metals, Polished, To keep bright

After polishing, rub with flannel moistened with vaseline, and the metals will remain bright for a longer time.

Mica, To clean

The smoke can be removed from mica stove-windows by washing with hot vinegar.

Mice, To rid the house of. *See* RATS AND MICE.**Mildew, To remove from fabrics and leather**

Mildew is a fungous growth which flourishes in the damp and dark. Its natural enemies, therefore, are fresh air and sunlight. The growth can be killed, but in the advanced stages it is necessary to employ such powerful chemicals that the fabric is liable to be destroyed as well. In the early stages it can be removed by rubbing into the material a paste of soapsuds or lemon juice and powdered chalk and laying it in the sun. Renew the application as often as it dries. For more advanced cases steep the material in a weak solution of chloride of lime (*see* BLEACHING POWDER) for half an hour, and then transfer to a solution of one ounce hyposulphite of soda to a gallon of water to check the action of the lime. Rinse in clear water. In cases which resist all other forms of treatment, permanganate (**POISON**) may be tried. For method of application see POTASSIUM. For mildew on leather, apply vaseline with a piece of flannel and expose freely to air and sunlight, except in the case of valuable book-bindings, the colours of which will not withstand the direct rays of the sun. Oil of lavender may also be used.

Milk Stains, To remove from fabrics. *See* GREASE SPOTS.**Mirror Frames, Gilt, To clean.** *See* FRAMES.**Mirrors, To clean.** *See* GLASS.

Mosquitoes, To destroy

In order to minimize the number of mosquitoes to be dealt with in badly affected areas, prevent the development of the larvæ by making sure that all water receptacles, in or out of the house, are regularly emptied oftener than every ten days (the period required for the larvæ to mature). Not only are stagnant pools, open drains, puddles, rain-filled barrels, old cans, ruts, and even hoof-prints, sources of trouble, but fire buckets, and vases from which the flowers have been removed without emptying the water, may breed thousands of mosquitoes unless closely looked after. An application of paraffin will exterminate the pest, but small ponds, and streams which widen here and there into shallow pools with stagnant edges, should be abundantly stocked with small fish—such as minnows—which feed on the mosquito larvæ. The application of paraffin would prevent their use as drinking places for cattle.

Household methods of dealing with mosquitoes include wiping door and window-frames with paraffin. Spirits of camphor rubbed on the face and hands and sprinkled on the pillow at night is of some value as a repellent, as is oil of lavender sprayed freely about the room with an atomizer. Dr Howard, of the U. S. Bureau of Entomology, recommends a mixture of one part each spirits of camphor and oil of citronella and half part oil of cedar sprinkled on a towel hung on the head of the bed. To allay the itching caused by mosquito bites, Dr Howard advises rubbing the skin with moistened toilet soap. *See MEDICAL SECTION* for insect stings.

Moths, To destroy and repel

Infested *Carpets* : Go over the entire surface systematically with a hot iron, pressing over a cloth wrung out of cold water, but not too dry. The resulting formation of

steam will kill both eggs and larvæ. Pay special attention to the edges of the carpet, for it is here that the pests will be found in greatest numbers. If badly infested, soak the article where the moths are found with benzoline ; this will not spoil the most delicate colours. *Clothing :* Remove the contents of the chest or wardrobe and brush and air thoroughly. Squirt paraffin in all cracks in the floor and walls, and round skirtings and the ends of shelves. Bags of dried lavender hung with the clothes are of some value as a repellent. Any garments made of materials which are not injured by wetting can be freed from moth eggs and larvæ by saturating with formalin. To protect clothing without recourse to moth balls and other ill-smelling substances, pack in heavy cardboard costume boxes, wrap in newspapers, and seal tightly with strips of the gummed paper used in place of string for securing packages. Take care, first, however, to air and brush the clothing thoroughly, paying special attention to seams, pocket flaps, the under sides of coat collars, etc., where moth eggs are most liable to have been deposited, since no amount of care will avail if the garments are already infested before they are packed and sealed.

Mould on Furniture

Put two teaspoonfuls of ammonia into a pint of boiling water and sponge the damp furniture until clear of mould. Wipe dry, then polish quickly with a rag moistened with polish to which oil of lavender has been added.

Mud Stains, To remove from clothing

First let the stain become thoroughly dry and brush off all the mud possible with a whisk. Black articles may then be rubbed with a cut potato. This leaves a deposit of starch which may be allowed to dry, when a

thorough brushing will remove both starch and mud. Borax and water, or baking soda and water may be used for sponging any woollen or white fabric. Add a few drops of ammonia if the colours are not likely to be affected thereby. Sponge silks with flannel wet with hot coffee with a little ammonia added. Potatoes raw, or the water in which they are boiled, will often remove obstinate mud stains.

Mutton Fat, To render tasteless

In many households, mutton dripping is habitually discarded on account of its strong flavour. This objectionable feature can be almost entirely overcome by adding one part pure lard to two parts mutton tallow, passing through the food chopper, and melting in the steamer with quarter its bulk of skimmed milk and a pinch of sweet herbs. Strain through a piece of cheesecloth laid in a wire strainer.

Mutton or Lamb, Shopping guide for

English lamb is in season during April to September, and is best during May and June. Mutton is best during September to April.

In the first quality meat the fat will be firm and white in colour; the flesh bright red, unless the animal has been freshly killed and cut up, when it will appear much darker in colour, changing after being exposed to the air. There should be a certain amount of shreds of fat among the lean; and if the lean appears to be stringy in texture the meat is more suitable for boiling or stewing than roasting.

In estimating the weight required, it will be well to remember that meat when cooked by boiling loses about four ounces to a pound, and slightly more when roasted or baked.

Name of Joint.	Suitable for.	Remarks on Cooking and Serving.
HEAD AND SCRAG	For making broth, and is	Mint sauce should be
END OF NECK	sometimes braised.	served with roast
BLADEBONE AND	Joints for roasting. Less	lamb; caper sauce
SHOULDER	economical than the leg,	with boiled mutton
	can be bought separately.	or lamb.
BEST END OF	Sold for cutlets, boiled, or	
NECK	roasted as a joint.	
LOIN OF MUTTON	The best joint for roasting,	Red-currant jelly with
	but not cheap. The	leg or loin of mutton.
	'chump end' of loin	Onion sauce with
	with the leg, forms a	roast shoulder of
	'haunch.' Two joints to-	mutton.
	gether form a 'saddle.'	
BREAST ...	Cheap for stewing or boil-	Mutton and lamb must
	ing; if not very fat, is	be cooked well. If
	economical.	served underdone a
LEG ...	The cheapest joint for a	joint can be re-
	family, though dearer	cooked without fear
	than a shoulder. The	of drying it up if the
	weight varies from 5 lb.,	raw portions are
	according to size of sheep.	covered thickly with
MIDDLE NECK ...	Roasting.	good dripping, and
FORE-QUARTER...	Consists of neck, shoulder	the entire joint
	and breast, and is econo-	covered with greased
	mical to cut up as required.	paper, so as to pre-
HIND-QUARTER...	The leg and loin.	vent the parts well
HEAD ...	For broth, or braised.	cooked from getting
KIDNEYS ...	Fried with bacon, or stewed.	burnt.
FEET ...	Cheap for stews.	
SUET ...	Excellent for frying, and can	
	be used for puddings.	

RULES FOR CARVING MUTTON OR LAMB

Place a shoulder or leg on the dish with the thickest portion upward and the bone to the left.

Neck of mutton, roasted, with the thin ends of the bones nearest the carver, and the fleshy parts upward.

Sheeps' heads should be placed on the dish with the face to the left.

Napkins, To crease for hemming

Unthread the machine needle, or remove it altogether, and run the edges of the napkins through a hemming attachment of the proper width. The hem will be turned and creased far more quickly and accurately than can be done by hand. The same method can be employed for turning hems on any cotton or linen fabric.

Neckties, To wash

Rip out the interlining, lay the tie flat on a marble or porcelain surface, and treat as for ribbons. Press on the wrong side when nearly dry and put back the interlining after ironing it.

Needles, Celluloid Knitting, To straighten. *See* KNITTING NEEDLES.

Needles, Machine, To sharpen

When the sewing-machine needle becomes blunt or refuses to work well, stitch for several inches through a piece of fine sandpaper. Then burn in the flame of a match for a minute or two. Pen nibs can also be made to write more easily by holding the point in a flame.

Needles, Pins, etc., To keep bright

Use sheeps' wool for stuffing cases or cushions, as a quantity of oil present in the wool prevents the steel rusting. Dried coffee grounds are often used for the same purpose.

New Casseroles, To prepare for use. *See* EARTHENWARE VESSELS.

New Materials, To wash. *See* COTTON MATERIALS.

Nickel, To clean and polish

Wash with soapsuds and polish with a paste of alcohol and whiting applied with flannel. When badly tarnished, paraffin oil and rotten-stone or ammonia may be used.

Nightlights, To make from candles

Short lengths of candles can be used up for nightlights. After burning straight, cover the top with fine salt,

leaving only the wick exposed. The nightlight will then last twice as long.

Nuts, Their value as a food

With the exception of coconut, all kinds of nuts form an excellent substitute for bread or meat, and are most nourishing. They can be included in puddings and salads, and if eaten with meals, as dessert, not after or before a meal, nuts will not disagree. One pound of shelled walnuts contain about two-thirds of a pound of solid food.

Oak, Old, To clean

Wash with warm beer. Then while drying boil one quart of beer with $\frac{1}{2}$ oz. of sugar and a piece of beeswax added. Apply with a soft brush, then when dry, polish the oak with chamois.

Odours, To remove from bottles

Fill half full of cold water and add a tablespoonful of dry mustard. Shake vigorously, let stand half an hour, and rinse thoroughly with clear water.

Oilcloth, To care for. See LINOLEUM.

Oilcloth, To clean. See LINOLEUM.

Oilcloth, To paint

When the pattern on an oilcloth becomes worn and faded, wash with strong soda water to free from grease, dry thoroughly, and give two coats of good floor paint twenty-four hours apart. Finish with one or two coats of waterproof varnish. Worn linoleum may be similarly renovated.

Oiled Floors, To clean

Remove all loose dirt, then wipe with a flannel wrung out of hot water containing one tablespoonful of turpentine to three of linseed oil. Paraffin may be used in place of both with less water. After drying rub with oiled rags.

Oiled Floors, To remove spots from

Sponge with turpentine. For obstinate spots, dip the moistened rag in powdered rotten-stone. When clean, renew the oil on the part treated.

Oiled Woodwork, To clean

Remove spots as above. For general cleaning *see* WOOD FINISHES.

Oil Mop, To prepare

An oil mop can be made out of any dry mop, or a ready-made oil mop can be renewed after washing, by the following method. Pour two tablespoonfuls of paraffin oil, or one tablespoonful each of linseed oil and spirits of turpentine, into a tin box large enough to contain the mop. Tip and turn the box until the interior is thoroughly coated and then pour off the surplus. Put the mop in the box, cover, and let stand forty-eight hours before using. Oil mops as a rule are much too heavily oiled, and by their constant use cause the formation on the floor of a gummy incrustation to which dust and dirt adhere and are thence trodden over the rugs. The secret of a clean, bright floor is to use only a very little oil, and never to apply the oil mop until the floor has been dusted with a dry mop or swept with a hair brush.

Wax mops for use on waxed floors can be prepared in the same manner by substituting liquid wax for the oil.

Oil Paintings, To clean

Wash with warm—not hot—suds of pure white soap, wetting only a small portion at a time and drying immediately. Use only the softest cloths, free from lint. When the entire surface has been washed and dried, go over it again with a piece of flannel slightly moistened with the best quality of linseed oil. Do not use oil enough to leave a perceptible film on the surface to catch and hold dust, but merely enough to keep the paint from drying out and cracking, and to preserve the life and brilliancy of the colours.

Oil Stoves, Care of

Modern oil stoves have a japanned finish which requires only to be washed with soap and water. Should the finish wear off in places, or become rusted through as sometimes occurs in very damp climates, refinish as described below. The iron grids above the burners should be kept clean by daily wiping with crumpled newspapers. The metal chimneys require frequent washing, and the charred portion of the wicks should be wiped off daily with a soft cloth or piece of tissue paper.

Oil Stoves, To paint

When the japanned finish wears or rusts through, smooth the surface by rubbing with emery paper and paint with air-drying japan black.

Oil Stoves Without Wicks, Care of

Use only the best oil and heat the burner with methylated spirits. The burner should be cleaned after using the stove with special wire provided. Do not fill the reservoir too full, and when not in use see that the tap is unscrewed to prevent oil pumping up.

Onion Juice, To extract

Instead of grating the onion to extract the juice, cut it in halves and press in an ordinary lemon squeezer. The eyes will be less painfully affected by this method, and the juice will have a better flavour.

Onion Odour, To remove from hands or cooking utensils

Scrub in cold water, either clear or containing a little dry mustard.

Oranges, To remove pith

Always peel oranges from the stalk end to take away the pith. Dried orange peel makes good flavouring for puddings.

Ostrich Feathers, To clean. See FEATHERS.**Oven, How to test the heat of an**

Use a sheet of white paper, or sprinkle flour over a baking sheet and place in the oven for three minutes.

Colour.		Oven ready for.
Golden brown	...	Bread and puff pastry.
Light	„	Tarts and small cakes.
Dark yellow	...	Large pies and cakes.
Light	„	Gingerbread, sponge cakes, and milk puddings.

If the paper or flour turns brown in less than a minute, the oven is too hot to cook anything.

A slow oven makes a cake or pastry sodden and heavy. Sponge mixtures require a moderate oven, if too hot they rise and fall again.

Oven, To cool down quickly

Place a bowl of cold water inside and lower the gas or leave the door ajar.

Oven, To improve for baking

Whitewash the inside of an oven which will not bake well and the defect will be remedied.

Ovens, To clean when rusty. *See* RUST SPOTS.

Overalls, To wash

If stained with grease, rub the spots well with lard. Then lay on the washboard and scrub with a stiff brush and warm suds containing a little borax or ammonia. If paint-spotted, boil in water containing one table-spoonful of turpentine to each gallon.

Oysters, To choose and open

When buying oysters never be persuaded to choose the largest; small varieties are usually the cheapest and best. If the shell is open insert the point of a knife, when it should immediately close, unless the fish is not absolutely fresh, or is dead.

To keep oysters: place them in a soup plate, flat sides up, sprinkle with oatmeal, then cover with water—as salt as sea water. Oysters will keep alive in this way, and thrive.

To open oysters: hold on a folded cloth in the left hand, the curved side next to the palm of the hand so that the juice will not be spilt, then insert the knife between the shells, jerking it from side to side, and force them open. Scrape any part adhering to the upper shell, and remove any small pieces of shell from the inside.

To serve: vinegar or lemon juice may be used, but neither must be put on to the fish until just before eating.

Paint, To remove from fabrics, glass, or wood

Wet paint can be removed from *Garments* by rubbing with a piece of the same material, as the under side of a hem. Either fresh or dry stains can be removed from *Delicate Materials* without injury by sponging with chloroform. *Washing Fabrics* may be saturated with turpentine, rubbed well between the hands, and then washed in

soap and water. If the stain is very old and dry, add a little ammonia to the turpentine (if colours are not likely to be injured) and soak the stained portion in the mixture for an hour or two before washing. Paraffin also may be used to soften paint on cotton materials so that the stains can be washed out. For paint stains on *Glass* efficient solvents are linseed oil, turpentine, hot vinegar, and a strong solution of washing soda. Paint accidentally spilled on *Floors* or *Woodwork* can be removed while fresh by sponging with turpentine. Old dried spots or a complete painted finish can be softened with a commercial paint remover and scraped off with a broad-bladed putty knife or rubbed off with a bunch of old rags.

Paint Brushes, To clean

Wash in turpentine followed by soda water. Rinse in clear water and shape carefully by drawing through the fingers. Never allow brushes to stand on the bristles while drying. If to remain unused for some time, moisten with linseed oil before putting away.

Paint Brushes, To soften

When brushes have been allowed to dry without cleaning, soak over night in a solution of one teaspoonful washing soda thoroughly dissolved in one cupful warm water. In the morning wash with warm water and soap. Brushes on which old dry paint is caked may be soaked for several days in a mixture of equal parts of linseed oil and turpentine before treating as above.

Painted Baths, To clean

Ammonia or borax will remove the grease and dirt from the inside of a bath. Use plenty of water and remove stains with whiting or monkey soap. Dry and polish to preserve the paint.

Painted Floors, To clean. *See* WOOD FINISHES.

Painted Furniture, to clean. *See* WOOD FINISHES.

Painted Walls, To wash

Yellow soaps and strong washing powders are apt to turn white paint yellow, and to affect the colours of delicate tints, hence only the mildest white soap should be used, thoroughly dissolved (*see* SOAP SOLUTION). A smooth enamelled finish, if not badly soiled, can be washed with borax water instead of soap. For a very grimy wall, especially one in a stippled finish, sprinkle a little powdered whiting on the rag used for washing, and add a tablespoonful of paraffin or a little washing soda to each pailful of water. Wash always from the bottom upward with long vertical strokes, rinse with clear water, and wipe with a soft cloth. This rule applies to any wood-work and prevents streaks of dirty water forming on dry unwashed paint.

Painted Woodwork, To clean. *See* PAINTED WALLS, and WOOD FINISHES, CLEANING AND CARE OF.

Panama Hats, To clean. *See* STRAW HATS.

Paper, Easy method of hanging a thin cheap

Cut the lengths required, then apply the paste to the wall, doing one strip at a time. The paper is less likely to tear, and it is much easier to match the pattern correctly working in this way.

Paper, To stick to tin or glass. *See* LABELS.

Paraffin, To remove from utensils

The film that adheres to the interior of a basin or pan in which paraffin has been melted can be removed by

filling the utensil with boiling borax water. When the water has cooled the paraffin will be found floating on the surface in the form of a thin sheet which can easily be lifted out with a skimmer.

Parsley, To prepare for sauces

Dip in hot—not cold—water and shake. Do not chop, but break short pieces off and the leaves will separate when put into the hot sauce.

Pastry, To make

Use the best ingredients when making pastry—flour, butter, and good baking powder, and rub the fat into the flour with the tips of the fingers (after washing the hands first in hot water, then in cold to make the fingers quite cool). A knife should be used for mixing in place of a fork, and both ingredients and utensils should be as cold as possible. A slab of marble and a stone rolling pin are used by some famous pastry cooks.

Pastry should not be handled too much ; it should be rolled out twice or three times, without pressing too hard, and then placed as quickly as possible in an oven of the right temperature (*see OVEN TESTING*). Pastry left over can be used the following day if rolled out again several times to allow air to get into the mixture, and more fat may be added if desired. Flour when sifted on to pastry should be very lightly applied ; it should never be thrown on by the hand. Loose pieces rubbed off the rolling-pin or the hands should be brushed aside ; if mixed in with a crust they will form into hard lumps and spoil the pastry.

Burnt pastry can be used if the blackened part is grated away, and the part reglazed by covering first with beaten white of egg, or milk, then with a thin layer of fine sugar. After baking for a few minutes the sugar will set and the

pastry will look nice. Fruit or meat pies insufficiently cooked can be reheated on a gas ring, without spoiling the pastry.

Patching

To avoid undue strain on the worn portion of a garment to which a patch is applied, see that the threads of both garment and patch run in the same direction. The patch when damped and pressed over a piece of material will then be less noticeable and will wear better.

Peach Stains, To remove from fabrics

Unlike other fruit stains, those made by peaches often do not yield to the pouring of boiling water through the fabric. Wetting the stain, covering it thickly with cream of tartar, and placing in the sun will sometimes prove successful, as will soaking in sour milk, sprinkling with salt, and laying in the sun. In either case the fabric must be kept wet. Obstinate stains may be removed with javelle water—*see* method of making.

Pencil Marks, Indelible, To remove. *See* INDELIBLE PENCIL MARKS.

Pen Nibs, To make smooth. *See* NEEDLES.

Permanganate of Potassium, To use for removing stains.
See POTASSIUM.

Perspiration Stains, To remove from clothing

The perspiration of the armpits is alkaline, while that of other parts of the body—as the hands, throat and shoulders—is acid. Stains caused by the first may therefore be treated successfully by dipping the stain in a weak solution of muriatic acid (**POISON**) and then in

clear hot water, followed by rinsing in water containing ammonia. Repeat several times if necessary, rather than leave the fabric in the acid bath until the stain is entirely removed. If the original colour has been badly affected, or is changed by the ammonia solution, sponging with chloroform may restore it. Perspiration stains of the second class require alkaline applications, and may be wetted with soap suds and borax and laid in the sun; or sponged with strong borax water. White cotton or linen fabrics that have been yellowed by perspiration to such an extent that the stains will not wash out, can be bleached with permanganate solution (**POISON**), for which *see* POTASSIUM. For white silks and woollen the best bleach is 'hypo.' For method of mixing and applying *see* HYPOSULPHITE OF SODA.

Pewter, To clean

Use only the finest abrasives in order to avoid scratching the metal. Whiting and cigar ash well moistened with linseed oil, spirits of wine, ammonia or powdered rottenstone, applied with a flannel kept thoroughly wet with a mixture of equal parts of linseed oil and turpentine, are safe and efficient. Follow by washing with hot soap-suds. Wipe dry and give a final polishing with chamois or soft flannel.

Photographs, To clean

Sponge very lightly with a piece of absorbent cotton wet with alcohol and let it dry by evaporation.

Piano Cases, To clean. *See* FURNITURE, TO CLEAN.

Piano Keys, To clean. *See* IVORY, TO CLEAN.

Piano Pedals, To prevent squeaking

Remove the front panel of the piano and rub the part where there is friction with blacklead. The same remedy can be applied to a hinge, and is more lasting than if oil were used.

Piano Strings, To prevent rusting of

In damp climates, particularly where the air is salt, pianos deteriorate rapidly on account of the rusting of the strings. It has been proved by experiment that this can be prevented by burning an electric light bulb inside the instrument at all times when the sun is not shining.

Pickled Eggs, To preserve and cook without cracking. *See* EGGS, TO PRESERVE IN WATERGLASS.

Picture Frames, Gilt, To clean. *See* FRAMES.

Piecrust, To make flaky

Avoid rubbing the shortening into the flour too thoroughly : it should be left in small flakes. Fold and roll out the dough several times in order that it may form separate layers with air held between them. When folded over to roll, press edges all round to prevent air escaping. Before putting the pie in the oven, brush over with milk or hold under the cold water tap at an angle, letting the water trickle gently over the top and turning the plate until the entire surface is wet.

Piecrust, Left-over, To keep from spoiling

Roll left-over pastry in cheesecloth wrung out of cold water, and then in a second, thick, dry cloth. If put in a cold place it will keep soft and fresh for at least a week.

Pillows, Feather, To wash. *See* FEATHER PILLOWS.

Pillow Ticks, To change

To prevent scattering the feathers in transferring them from an old to a new tick, rip about six or eight inches of the seam in one end of each and baste the two edges together. Then shake the feathers from the full to the empty tick.

Pillow Ticks, To dry clean. *See* MATTRESSES, To CLEAN.

Pitch, To remove from fabrics

Sponge with chloroform. Or rub with lard, scrape off as much pitch as possible, and sponge with turpentine, rubbing gently until dry. Hang in the open air until all odour has evaporated.

Plaster Casts, To clean

Cover with a thick paste of French chalk and water and let remain until dry. Then brush off the chalk with a soft brush or wipe with a cloth.

Plaster Casts, To finish

Cheap plaster casts are often entirely unfinished, or, at most, have merely been dipped in a preparation which soils readily and will not withstand washing. Casts of this description can be given a permanent finish by the following method: Wipe the cast gently but quickly with a cloth wrung out of cold, soapy water (too much water will tend to dissolve the surface of the plaster, thus destroying the sharpness of the contours, and vigorous rubbing may cause it to crumble). When thoroughly dry, give it a thin coat of white shellac. Follow this, in turn, with two successive thin coats of old

ivory enamel in a semi-gloss finish, applied twenty-four hours apart. Lightly smooth the first coat with the finest sandpaper, when dry, to remove brush marks. This type of finish can safely be washed with lukewarm water and a little whiting, or with suds of mild white soap.

Plate Glass, To remove scratches from

With a soft indiarubber dipped in jeweller's rouge scratches can be made less noticeable if the rouge is rubbed in the direction of the mark.

Plate Powder, To make

Mix $\frac{1}{2}$ lb. of prepared chalk or whiting with 3 oz. of jeweller's rouge and moisten with water, gin or methylated spirits. Brush off when dry and polish well.

Plate Warmer, To improvise a

Stand the plates on edge in a wire dish drainer, and put on top of the kitchener or in the oven.

Plumbing Fixtures, Care of. *See* NICKEL, PORCELAIN, and MARBLE.

Poisoning, Treatment for. *See* MEDICAL SECTION.

Polishing and Dusting Furniture

Work with a duster in each hand, one sprinkled with cedar-wood oil or furniture cream, the other dry, and there will be no finger marks to remove after the polishing is done.

Pongee, To launder. *See* SILKS.

Porcelain, To clean

Any fine abrasive, such as Bon Ami, or sifted whiting may be used to clean porcelain, but strong borax is the best medium for the removal of the curd-like deposit left on the sides of the bath by soapy water. Repairs on porcelain ornaments may be done with a waterproof cement made with white glue and milk.

Pork, Shopping guide for

In season during September to March, best during November to March.

When buying pork see that the fat is firm and the rind smooth and thin ; the rib bones should be a pinky red colour, and the flesh creamy white. Pork is most unwholesome unless eaten in season and well cooked.

Name of Joint.	Suitable for.	Remarks on Cooking and Serving.
BLADEBONE, AND SPARE RIB	Two good and economical joints for roasting, cut to any weight.	If the joint is roasted, stuffed with herbs or sage and onion, it should be served with apple sauce and baked potatoes.
FORE LOIN ...	For roasting.	If the joint is roasted, stuffed with herbs or sage and onion, it should be served with apple sauce and baked potatoes.
LOIN (tail end) ...	The best roasting joint, though rather fat. Chops are cut from this.	
LEG ...	The most economical joint for roasting. It has less fat than the fore-quarter.	If boiled, the potatoes should be boiled, and carrots, parsnips, or turnips, served also. Pease - pudding is often cooked with boiled pork.
SPRING OR BELLY HAND ...	Sold principally for salting. Usually slightly salted and boiled.	
TROTTERS, OR FEET	Slightly salted and boiled, for eating cold or hot.	A sucking-pig should be roasted and served with apple or bread sauce.
HEAD ...	Sold cheaply for salting and making brawn. Called in some places 'pig's cheek' or 'pig's chopper.'	
LIVER ...	With sweetbreads and fat, sold as 'pig's fry.'	

RULES FOR CARVING PORK

Place joints, such as a leg of pork, or shoulder, on the dish with the thickest part upward, and the tail or knuckle-bone to the left.

Heads should be arranged with the face to the left-hand end of the dish.

A sucking-pig with the head to the left, or divided and arranged with half the head at either end of the body.

Porridge, To cook quickly

To be wholesome, oatmeal requires to be well cooked, and the addition of a pinch of salt and of baking soda (carbonate of soda) after the porridge has begun to boil will greatly assist the process of cooking. Porridge cooked in the haybox is excellent.

Potassium Permanganate Solution, To prepare and use

Dissolve one teaspoonful of permanganate crystals in one pint of water ; or, for very delicate materials, use a quart of water. Wring the fabric out of clear water and then immerse in the solution ; or, in the case of a spot to be removed, stretch the stained portion over a bowl of boiling water and apply the solution to the spot with a medicine dropper. This will impart a purplish brown colour to the fabric. Rinse in clear water and then neutralize the brown stain with one of the following: For *Silks* or *Woollens* : equal quantities of hydrogen peroxide and a diluted solution of oxalic acid (**POISON**) prepared by mixing equal parts of the concentrated solution (see SATURATED SOLUTIONS) and clear water. For *Linens* and *Cottons* : plain diluted oxalic acid. In all cases as soon as the brown colour disappears, rinse thoroughly in clear water containing one tablespoonful of ammonia to the quart.

Potatoes, To bake quickly

After peeling, wipe dry, and smear over with dripping before putting the potatoes in the oven to bake.

Potatoes, Use for cold boiled

When paper or anything of a like nature has to be stuck, and no glue or paste is at hand, a very excellent substitute may be found in a piece of cold boiled potato, which when rubbed over the surface serves the purpose quite well.

Potatoes, New, To pare. *See* VEGETABLES.

Pot-pourri, To make

Gather the rose petals before the sun is high and spread them on a table in the shade until the dew has evaporated. Then arrange in half-inch layers in a covered jar or dish, sprinkling each layer with salt. Add petals day by day until they measure about two quarts when pressed down solid. Stir thoroughly every morning. Ten days after the last addition has been made, mix together in a separate dish $\frac{1}{4}$ oz. each of ground mace, cloves and allspice, $\frac{1}{2}$ ounce of ground cinnamon, 2 ozs. of powdered orris root, and $\frac{1}{4}$ lb. of dried lavender flowers. Fill the rose jar with alternate layers of rose petals and the above mixture, and sprinkle on each layer of petals a few drops each of any preferred essential oils, such as rose, geranium, bitter almond and orange flower. Pour over the whole, an ounce of any good toilet water or eau-de-Cologne. Various sweet blossoms or fragrant leaves may be added from time to time, as heliotrope, lemon verbena, rose or lemon geranium, mignonette, etc.

Pottery, To make watertight. *See* WATERPROOFING.

Poultry, To dress immediately after killing

Feathers on young birds can be removed quickly if they are pulled before the flesh is stiff and cold, or they may be removed easily after dipping the bird in a bucket of hot (not boiling) water for a few seconds, to make the flesh soft, but care should be taken to avoid tearing the softened skin. The correct method of drawing and trussing fowls will be found in any good cookery book.

Poultry and Game, Shopping guide for

When buying poultry or game choose the birds by their condition, size and age. It is well to remember that the breasts of all birds should be plump and firm to touch, the pinion and breast bones pliable and soft, and by this means the age of a bird can be ascertained, rather than by the colour of the legs, although during the period when fowls are plentiful those with white legs may be chosen for boiling and those with black legs for roasting, apart from any other reason. When the birds are scarce and sold ready trussed the smashed breastbone suggests that a bird is not so fleshy as it is made to appear; it is then not easy to judge of its condition. No advantage is gained by selecting poultry that has been fattened, as when cooked much of the weight is lost and the fat is unsuitable for food.

Geese can be chosen by their feet, which should be soft and yellow; the skin should be soft and plump on the breast.

Turkeys when young have soft, smooth, black legs and feet that feel moist to touch. The plumage, when left on, is also a guide, for under the wing there should be soft down, and half-developed plumage on the body of young birds. A pigeon or other small bird can be selected by this test alone.

Rabbits if unskinned should have tender ears, smooth claws, and flesh stiff and dry; if the flesh is wet and a dark colour the rabbit is not fresh. These tests also apply to hares. Look, too, for a narrow cleft in the upper lip; if the cleft is widely spread and the ears are tough a hare is not likely to be so good.

Game of most kinds should have tender feet and sharp claws and bills. Hen birds are preferable, and those of a moderate size are more tender than the full-grown birds. The following is a list of some of the game and poultry obtainable during the year:

	Obtainable.	Time and Method of Cooking.
BLACK COCK ...	Aug. to Dec. 9	Roast 35 mins., grill 30 mins.
CAPercaILZIE ...	Aug. to Dec.	or bake 1 hour.
DUCK (Wild) ...	Aug. 1 to March	1 to 1½ hours.
" ...	July to Jan.	1 to 1½ hours.
DUCKLING ...	Spring months	20 to 25 mins.
FOWL ...	Any time	or boiled 1 to 1½ hours.
GOOSE ...	Sept. to Feb.	1½ to 2 hours.
GOSLING ...	Aug. to Nov.	1 hour.
GROUSE ...	Aug. 12 to Dec. 10	40 to 50 mins.
GUINEA FOWL ...	Spring months	1 hour.
HARE ...	Sept. to March	1½ to 2 hours.
LANDRAIL... ..	Aug. 12 to Sept.	10 to 20 mins.
LEVERET (young hare) ...	Aug. to Feb.	35 mins.
MOORHEN ...	Aug. 1 to Feb.	25 to 30 mins.
ORTOLAN ...	March to May	20 mins.
PARTRIDGE ...	Sept. 1 to Feb.	30 to 40 mins.
PHEASANT... ..	Oct. 1 to Feb.	40 mins.
PIGEON ...	Any time	20 to 30 mins.
PLOVER ...	Oct. to Feb.	or bake 15 to 20 mins.
PTARMIGAN ...	Oct. to April	or bake 30 mins.
QUAIL ...	Oct. to Feb.	20 mins.
RABBIT ...	Sept. to March	30 to 40 mins.
SNIPE ...	Nov. to Feb.	Grill 15 mins.
TEAL ...	Oct. to Feb.	Roast or grill 15 mins.
TURKEY ...	Dec. to Jan.	2 to 2½ hours.
VENISON	July to Jan.	(haunch) 3 hours.
WHEATEAR ...	July to Dec.	10 to 15 mins.
WIDGEON ...	Aug. 1 to March	25 mins.
WOODCOCK ...	Aug. 1 to March	15 to 20 mins.

All game should be wiped with a wet cloth, never washed, and small birds, such as quails, snipe, plovers, woodcocks, cooked with the insides intact; the heads also should be left on the birds. A piece of fat bacon placed over the breast prevents the flesh becoming too dry. No poultry should be overcooked; wild birds are considered spoilt unless underdone.

HINTS FOR CARVING OR SERVING GAME OR POULTRY

Poultry, with head placed to the left of the carver, the same for hares or rabbits, pheasants, etc.

Smaller birds, such as grouse, ptarmigans, etc., placed with the feet to the carver, across the dish.

Lemon juice rubbed over the flesh of fowls to be boiled will improve the flavour and whiten the flesh.

Preserving Fruit With or Without Sugar. *See* FRUIT, TO PRESERVE.

Proportions of Leavening Agents to Flour. *See* LEAVENING AGENTS.

Proportions of Liquid to Flour in Doughs and Batters.

See BATTERS.

Proportions of Thickening Agents to Liquids. *See* THICKENING AGENTS.**Pudding, Boiled, To make light**

In mixing use equal quantities of flour and bread-crumbs, add baking powder and a squeeze of lemon juice. Keep the water at boiling point while the pudding is cooking.

Puddings, To make good suet

Allow three ounces of suet to each half pound of flour used. To prevent waste and remove the skin from suet, place it in the oven to melt ; when set again shave the suet into small flakes ; the chopping is then quickly done.

Steamed puddings are lighter than boiled, whether put into a cloth or a basin, but the water in either case *must* be kept at boiling point, and as the water evaporates more should be added from a kettle of boiling water kept handy for the purpose.

Basins should be greased, then dusted with fine sugar before the mixture is put in, to prevent the pudding from sticking to the basin.

Pudding cloths wrung out of boiling water should be dusted in the centre with flour, then folded lightly round the pudding mixture to give it room to swell. Always place an inverted saucer or plate at the bottom of the saucepan of boiling water before putting the pudding in, and see that there is enough water to cover the entire pudding. Pudding cloths should be cleansed immediately after use by soaking in hot water, then washing in hot borax water to remove the grease ; warm clear water

should be used afterward for rinsing. Soap or strong soda should never be used.

Puddings of the lightest make can be prevented from breaking if allowed to remain in the basin or cloth a few minutes before being turned out, to allow them to shrink.

Suet crust should be rolled out thinly for lining pudding basins, to allow the ingredients—especially meat and vegetables—to cook thoroughly. *See also SUET, SUBSTITUTE FOR.*

Quarter Days, English and Scotch

English

Lady Day : March 25th.

Midsummer : June 24th.

Michaelmas : Sept. 29th.

Christmas : December 25th.

Scotch

Candlemas : February 2nd.

Whitsuntide : May 15th.

Lammas : August 1st.

Martinmas : Nov. 11th.

For Bank Holidays, Jewish Holidays, Law Sittings and Vacations, *see* under specific headings.

Quills, To bend

Hold in the steam from a boiling tea-kettle until flexible, and then bend in the desired shape with the fingers.

Quilts, To wash eiderdown

Make a generous lather with pure soap and a little washing soda, or ammonia, in enough moderately hot water to cover the quilt, and soak the latter half an hour. Press the dirt out with a wooden mallet. Do not rub or wring. Rinse in the same manner. Hang on the line to drip, and shake often. When partly dry, beat lightly with a rattan carpet beater to lighten the filling. Repeat several times. Cotton, wool, and down quilts may all be washed in this manner, but for wool care

must be taken to keep all waters practically alike in temperature, and the rinsing should be done in plenty of water.

Rag Carpets, To mend

When a hole is caused by the breaking of the warp, mend by stitching backward and forward across the hole on the sewing-machine.

Raincoats, To clean mackintosh

Lay on a table and scrub both sides with soap and warm—not hot—water, using a soft brush. Wipe off with clear water and hang to dry without wringing. Eucalyptus oil takes out other oil stains; it must be well rubbed in with a clean cloth. *Caution*: Alcohol, chloroform, benzine, paraffin and turpentine must not be used on rubber.

Rainspots on Cloth, To remove

Lay a wet cloth over, then put a dry one on top and iron. This takes out the spots and often prevents the cloth spotting again.

Raisins Dry or Hard, To soften. See CURRANTS.

Rats and Mice, To rid the house of

An easy and effectual way of stopping mice holes is to fill the opening with a large cork dipped first in water and then in cayenne pepper. Broken glass also makes an effectual filling. Infested cellars may be cleared by sprinkling quicklime round the edges of the floor, close to the wall. Among the best foods for baiting traps are fried bacon rinds, toasted cheese, broken fresh eggs, raw meat, and fat of any kind. Traps should be handled by means of sticks as far as possible, in order that they

may not have the human scent, and should be scalded each time before they are reset. Roots of black henbane stored in granaries will drive rats away.

Rattan Furniture, To clean. *See* FURNITURE.

Red Ants, To rid the house of. *See* ANTS.

Reed Furniture, To clean. *See* FURNITURE.

Refrigerator, To clean a

Care in wiping up immediately any spilled crumbs or liquids and in covering all foods that have penetrating odours will make thorough washing necessary not oftener than once a month, save in the very hottest weather. Remove the food and ice, wrapping the latter in an old piece of carpet or many thicknesses of newspaper to prevent melting. Take out and scrub the racks, scald thoroughly, and put in the sun to dry. Wash the interior of the ice chest with a small, clean scrubbing-brush and tepid water containing a little dissolved washing soda. (Never use soap.) If the lining is of zinc, put a wet cloth over a skewer and run round all corners, cracks and seams. Wipe out with a damp cloth and then with a dry one and let it stand with doors wide open until thoroughly dry. A special brush with a long, flexible wire handle should be kept for cleaning the waste pipe, which should be flushed, after washing, with at least a gallon of boiling water containing plenty of washing soda. It is advisable to repeat this flushing of the pipe once every week or ten days, even though the general cleaning is only done at longer intervals. A teapot is a convenient implement for the purpose.

Refrigerator, To enamel a. *See* ZINC-LINED REFRIGERATOR.

Ribbon, To run in lingerie quickly

Before removing the ribbon preparatory to washing, sew to one end a piece of tape of the same length. As the ribbon is drawn out, the tape takes its place. The joining is then severed and the garment laundered. Then the ribbon is once more caught with a few stitches to the end of the tape (if the run in the underwear is of good width a tiny safety-pin can be used instead of needle and thread) and is drawn into place again as the tape is pulled out.

Ribbon, Velvet, To wash

Fill a bowl or large basin with lukewarm water made into suds with dissolved white soap flakes or a solution (*see SOAP SOLUTION*) of mild white soap. Put the ribbon in and wash by moving up and down and from side to side in the water, gently rubbing the worst soiled portions in the direction of the nap with the palm of the hand. Rinse thoroughly in the same manner, and lay face up on a folded cloth, stretching smoothly and pinning the ends to keep it taut. When nearly dry, stand a perfectly clean, hot flatiron on end and draw the back of the ribbon to and fro across its face. Finish by gently brushing the pile in the right direction with a very soft brush.

Ribbons, To wash

Wet the ribbon and stretch smoothly on a marble, porcelain or glass surface. Sponge with a soft cloth wet with soap solution, or if badly soiled, scrub lightly with a soft brush. Wash the wrong, and then the right side. Rinse with clear water and press with a pad of dry rags, taking pains to force out all air bubbles. Knots in ribbons can be untied by inserting the point of scissors into the folds and opening them until the knot is loose enough to untie.

Rice, To prevent from sticking to the pan

Stirring rice while cooking breaks the kernels and makes them soft, but if not stirred a layer of rice is apt to adhere to the bottom of the pan. This can be prevented by thoroughly greasing it. Greasing an inch-wide strip round the mouth of the pan inside will prevent the rice from boiling over unless too much water is used, or it is permitted to boil with unnecessary violence. Lemon juice added to the water keeps the grains separated, and white in colour.

Roasting or Dripping Pans, To clean

Scrape out as much of the greasy deposit as possible. Then fill the pan nearly full of cold water, add a heaped tablespoonful of lye, washing soda, or wood ashes, place on the stove and boil slowly. The grease will be emulsified and the pan can then be easily washed.

Roller Blinds, To clean. See BLINDS, LINEN.**Rose Jar, To fill. See POT-POURRI.****Rubber Gloves, To care for**

The life of a pair of rubber gloves can be greatly prolonged by proper care. Wash and rinse thoroughly after each using, dry by patting with a soft towel while on the hands, and dust with talcum powder to remove the last traces of moisture. Then turn wrong side out and again dust with talcum to absorb all moisture due to contact with the hands. Mend cuts immediately with patches of adhesive tape applied to the under side. When the ends of the fingers begin to show wear, turn the gloves and use them the other side out, the left glove thus becoming the right, and *vice versa*.

Rubber Shoes, To brighten

Dingy looking goloshes can be made presentable by washing with water containing a few drops of ammonia, and then giving a thin coat of liquid shoe dressing.

Rubber Shoes, To preserve

Goloshes often have to be discarded for no other reason than that the heels have been cut through by the continual grinding between the hard, unyielding pavements and the sharp edges of the shoe heels. To prevent, fit a patch of adhesive plaster into the bottom of each heel of the goloshes, and on this place a thin but soft and springy layer of crumpled tissue paper of the same colour as the lining.

Ruffles, To gather and regulate quickly. *See GATHERS.*

Rugs and Carpets, To dye on the floor

After thorough beating or vacuum cleaning, remove any spots with the proper solvents (*see* INK STAINS, GREASE SPOTS, etc.) and stretch tightly on the floor, tacking at both ends. Apply hot dye with a scrubbing-brush, trying to wet the fabric as evenly as possible. Two quarts will usually be enough to dye a 9×12 rug. If it is wished merely to freshen a faded rug without changing its colour, the dye should be two or three shades lighter than the rug itself. Colours may be touched up with hat dyes which dry rapidly and can be obtained in all colours.

Rugs and Carpets, To wash on the floor

Dissolve half a pound of finely shaved soap and one ounce of salts of tartar in a quart of boiling water, and add to a gallon of hot water. Scrub the carpet with this mixture, using a stiff scrubbing-brush and no more water than is absolutely necessary. Wipe over with a

cloth wrung out of cold water containing a tablespoonful of vinegar to the quart, and finish by absorbing the surplus moisture with soft dry rags. Wash and wipe one entire breadth before proceeding to the next. Rugs are washed in similar fashion. Potato water is excellent for cleaning carpets and rugs.

Rugs, Faded or Dingy, To freshen. *See COLOURS IN RUGS AND CARPETS ; also MATTING.*

Rugs, To prevent from curling

Sew to the underside of each corner a triangular piece of corrugated rubber in which holes have been punched to permit the passage of the needle.

Rugs, To refinish the edges of

When the edges of a rug become worn they can be refinished by buttonholing with heavy yarn of the proper colour. This is a method practised by repairers of fine Oriental rugs. A good-looking finish can also be produced by holding a heavy blind cord along the worn edge and working over and over it with the yarn.

Rugs, To remove spots from. *See under specific headings, such as GREASE SPOTS, RUST SPOTS, SOOT, etc.*

Rugs, To re-size

Dissolve one pound of granulated glue in one gallon of boiling water. Tack the rug on the floor face down and apply the hot glue to the back with a whitewash brush.

Rust Spots, To remove

From *Coloured Fabrics*: stretch the stained portion of the fabric over a bowl of boiling water and apply with a medicine dropper a teaspoonful of salt dissolved in an equal quantity of lemon juice. After a few seconds,

lower the wet portion into the water ; then raise to the first position and apply a little very weak ammonia water with the medicine dropper. If the stain has only partially disappeared, repeat the entire operation as many times as may be necessary to remove it. If it is apparently unaffected, however, substitute muriatic acid (**POISON**) for the salt and lemon. Lower almost instantly into the hot water and use a stronger solution of ammonia—about a teaspoonful to a cupful of water. Should the colour of the material be changed, finish by sponging with chloroform. There is always a chance that the colour may be permanently affected, and this possibility should be considered before attempting to remove the rust spot. *Iron and Steel*: soak small objects in turpentine for several days if necessary, and smooth with steel wool or emery paper. Large surfaces, as stove tops or ovens, may be freed from rust by rubbing first with turpentine and then with steel wool well moistened with linseed oil. In extreme cases the oiled steel wool may be dipped in powdered pumice. On the other hand, a merely superficial film of rust can often be removed with a piece of heavy woollen cloth saturated with linseed oil. Follow the wiping with a clean dry cloth to remove the surplus oil. *Marble*: proceed as for porcelain. *Nickel*: cover with lard and let stand several days, and then rub with a woollen cloth wrung out of hot water and moistened with ammonia or paraffin. *Porcelain*: heat with hot water and then apply muriatic acid (**POISON**) to the stain with a medicine dropper. Pour boiling water over, followed by strong ammonia water. *Washing Silks*: treat coloured silks as described above under *Coloured Fabrics*, and white silks as recommended for washing materials. *White Washing Materials*: wet the stain, cover with cream of tartar or salts of lemon and lay in the sun, remoistening the fabric as often as it

becomes dry. Or soak small articles marked with ironmould in lemon or hot rhubarb juice, prepared by boiling two finely cut stalks of rhubarb for fifteen minutes in a pint of water and straining off the liquid, adding enough hot water to compensate for what has boiled away. Or bleach with muriatic acid as described above under *Coloured Fabrics*. *Woollens*: wet the rust spot with warm water and rub well with a mixture of equal parts of citric acid and cream of tartar. When the stain disappears, rinse well in clear warm water. In obstinate cases dissolve a little of the mixture in a few spoonfuls of warm water and let the stained part soak in the solution as long as necessary. As a final resort, apply muriatic acid as directed above under *Coloured Fabrics*.

Rusting of Piano Strings, To prevent. See PIANO STRINGS.

Salad Dressings

Lemon juice may be substituted for vinegar. Olive oil, rich milk, and hard-boiled yolk of egg may be used in place of the mixed dressing, with a saltspoonful of mustard, salt, horse-radish, and a teaspoonful of sugar added.

Mixed Dressing. Half pint of vinegar, half pint of cream, yolks of three fresh eggs, two teaspoonfuls of salt and of dry mustard, one tablespoonful of moist sugar. Beat the eggs and add the cream, salt, mustard and sugar, lastly the vinegar, and mix thoroughly. Bottle and store, tightly corked, in a cool place.

Onion juice can be extracted from onions (see ONION JUICE), and stored in a bottle ready for use.

A dressing may be made of the juice of a lemon (heated in the oven first to get the full amount of juice). Strain into a cup and add some whipped cream. Mix well together.

Salads, Fruit, To make

All kinds of fruit may be used in their season for salads, cooked or uncooked, the peel, pips and stones being first removed. The secret of making refreshing and palatable fruit salads is in mixing fruits that blend well, taking care not to let the strong acids overpower the less pronounced flavours. Lemon juice greatly improves banana salad. *To make the syrup:* boil sufficient water, or syrup from the fruits used, to cover the salad, add sugar to sweeten and pour over when cold. Walnuts, almonds and coconut chopped greatly improve fruit salad. For fruits in season see FRUIT PRESERVING GUIDE.

Salads, Their value, and ingredients to use

Green vegetables contain such valuable medicinal properties that, according to eminent authorities, many of the diseases from which we suffer would be unknown were greens eaten in salad form all the year, instead of being robbed of their precious salts through being boiled in the orthodox wasteful way.

Ingredients in Season January to March.—Endive, mustard and cress, celery and celery tops, onions, tomatoes, beets, radishes.

April, May, June.—Lettuce, watercress, mustard and cress, young dandelion leaves, sage tops, parsley, mint, tomatoes, radishes, onions, nasturtium leaves.

July, August, September.—Cucumber, chicory (in addition to the above).

October, November, December.—Celery, endive, watercress, radishes, onions, young turnips, red and white cabbages, Jerusalem artichokes, steamed cauliflower, Brussels sprouts, green cabbage, carrots, potatoes and broccoli very finely shredded, may also be used in salads, or may form salads without the raw ingredients.

Salads, To make

Ingredients should be prepared and washed in cold water to which a little salt or borax has been added, then drained and dried by swinging in a cloth. Tear leaves apart or use a silver knife for cutting the vegetables, and mix half an hour before required ; the dressing is poured over five minutes before serving.

Sandwiches, To keep fresh

Wrap in a dry napkin, then in a towel wrung out of cold water, and put in an airtight box.

Saturated Solutions, To prepare

The ' point of saturation ' of a liquid is reached when it is unable to dissolve any more of a soluble substance. To make a saturated solution, therefore, measure out a certain quantity of water and add the substance to be dissolved until a little remains in solid form in the bottom of the container, thus proving that the water has absorbed all that it can.

Saucepans Burnt, To clean

Fill with cold water and add a good piece of washing soda. Leave for a time, then boil, and the burnt food should come away without any trouble or injury to the pan. (Use borax for aluminium pans.)

Sausages, To cook without breaking open

If boiled for two minutes before being fried sausages will cook without bursting the skin.

Scallops, To strengthen

Before buttonholing scallops, especially on fine material, stitch round the edges on the machine, taking care to have the tension loose enough so that there will be no danger of the edge puckering when washed. Or use a

strong cotton and work with a needle. This is particularly successful in preventing tearing between scallops, and the material from fraying after the scallops are cut.

Scissors and Shears, To sharpen

Open the blades upon the neck of a glass bottle and close them briskly upon it as if trying to cut it off. The smooth glass will glide the full length of the blades, from base to point, and fifteen or twenty repetitions will produce a good cutting edge. Coarse sandpaper if cut with blunt scissors will sharpen them.

Scorch, To remove from fabrics

Cottons and linens, if only slightly scorched, can be restored by covering the spot with a paste made with pipeclay and water, and laying in the sun; repeating as often as necessary if after washing the scorch does not disappear. For more severe cases, extract the juice from two large onions, mix with four tablespoonfuls of fuller's earth, half cupful of soap jelly (*see SOAP JELLY*), and a cupful of vinegar. Bring to the boil, cool, and spread on the fabric. Let dry, wash, and lay in the sun. Silks and woollens are the most difficult to deal with because even slight scorching is apt seriously to weaken the fibres so that they tend to break. Unless too deep, wetting the scorched area at once with glycerine and borax and letting it remain half an hour before washing will sometimes remove the discoloration, or boiling the article in water containing one tablespoonful to each quart will move the stain. Fabrics which cannot safely be washed may be lightly rubbed with a piece of white flannel wrung very dry out of cold water and slightly moistened with glycerine. If the water leaves a mark it can be dealt with as described under *WATER SPOTS*, and any glycerine stains can be sponged out with alcohol.

Scouring Soap, To economize

Save all broken bits of scouring soap, put them into a cup, and add enough boiling water to stand an inch above the soap. The bits will gradually dissolve and form a soft paste which is even more convenient to use than the original cake.

Scratches on Mahogany, To conceal

Rub linseed oil on the wood in the direction of the grain. For brown mahogany, apply a little permanganate solution (*see* POTASSIUM) to the scratches with a fine camel-hair brush, and for red mahogany use a very little Bismarck brown aniline powder dissolved in alcohol. If too red when dry, go over the scratches again with a diluted solution of permanganate, or with burnt sienna in the form of ordinary oil paint thinned with turpentine. Finish by rubbing with any good furniture polish.

Sea-water Stains, To remove

Dark blue and black materials easily become stained when wet with sea-water, but vinegar will usually restore the colour if rubbed on with a piece of the same material. For washing materials, *see* COLOURED FABRICS, To LAUNDER.

Serge, Cashmere, Gabardine, To clean

First brush and shake, then sponge with hot ammonia water. When dry endeavour to raise the surface of any worn parts with coarse sandpaper. Water in which ivy or laurel leaves have been boiled improves the colour of all dark materials when used for cleaning.

Sewing-machine Belt, To tighten. *See* MACHINE BELT.

Sewing-machine Needles, To make easy to work. *See* NEEDLES, To SHARPEN.

Shears, Uses for, in the kitchen

Shears are infinitely superior to a knife for shredding parsley or lettuce, cutting up bread for bread pudding, or meat for stews and casserole dishes, for preparing many fancy garnishes, and for cutting celery, peppers and other salad ingredients into pieces of the proper size and shape.

Shoes, The efficient care of

The life and good appearance of a pair of shoes can be greatly prolonged by the observance of a few simple rules. Always keep the shoes on trees when not being worn. Shoes that have been wet should be put on trees and kept away from artificial heat while drying. When about half dry, rub black shoes thoroughly with a piece of woollen cloth moistened with linseed oil, tan shoes with castor oil, and patent leather shoes with white vaseline. Suède shoes cannot be oiled, of course, but after they have been thoroughly dried the spots made by rain will usually disappear if gently rubbed with a fine wire brush or glass-paper. Scratches on patent leather will not be noticeable if painted over with a mixture of olive oil and jet black ink, applied with a fine brush. If oil or vaseline is applied regularly to black shoes from the time they are purchased, they will require polishing only at long intervals. Use but a very little at a time, and rub in thoroughly so as not to leave the surface greasy. *See also TIPS ON SHOE LACES.*

Shoes, To waterproof. *See WATERPROOFING.*

Shopping Guides

See under FRUIT, VEGETABLES, FISH, PORK, BEEF, MUTTON OR LAMB, VEAL, BACON, POULTRY AND GAME, for tables showing when food is in season, names of joints, best cuts to choose, and hints on buying.

Silk, White, To bleach. *See* WHITE SILK.

Silk White, To prevent yellowing of. *See* WHITE SILK.

Silks and Washing Satins, To launder

The methods of washing are the same for all washable silks and satins. Prepare lukewarm, creamy suds with dissolved white soap (*see* SOAP SOLUTION), immerse the garment, and cleanse by gentle squeezing and lifting up and down in the water, without rubbing. Never rub the soap on to the material. Rinse in clear, lukewarm water, repeating as many times as may be necessary to remove every trace of the soap. Press between the hands instead of wringing. Pongee, Tussore and Shantung silks should be pulled carefully into shape, hung in the shade until thoroughly dry, and ironed on the wrong side with a warm, not hot, iron (hot irons turn white silks yellow). If there are creases which cannot be ironed out, cover those portions with a damp cloth and press over it. Other silks should be rolled in a thick Turkish towel after the last rinsing, and ironed on the wrong side when just evenly damp. To iron while wet makes silk stiff and papery. Thin silks may have the 'body' restored by dipping them in weak gum arabic solution—two level teaspoonfuls dissolved in a quart of water and strained through cheesecloth—after squeezing out of the last rinsing water.

Silver Chains, To clean. *See* CHAINS.

Silver Lace, To clean. *See* GOLD LACE.

Silver, To remove stains from

Sulphur stains, produced by eggs, mustard, brimstone matches, etc., can be readily dissolved by immersion in

a fresh, concentrated solution of hyposulphite of soda. Other stains, including ink, will usually yield to javelle water applied with a piece of flannel.

Silver, To clean and polish

The best and quickest method of cleaning silver is to pile it log cabin fashion on the wire grids of a zinc plate placed in the bottom of a pan, after filling it three-quarters full of boiling water in which have been dissolved one tablespoonful of baking soda and half cupful of salt for each gallon of liquid. Although not mentioned in the directions accompanying the plates (which can be bought wherever kitchen furnishings are sold), the silver will be much whiter and brighter looking if boiled in the solution for five minutes. At the expiration of this period, set the pan under the cold water tap and let the water run until the silver is cool enough to handle. Then transfer to the dishpan and wash in hot suds as usual, having plenty of ammonia in the water. This method of cleaning is entirely harmless and a great saver of time and labour. It produces a satin finish rather than a burnished effect, and after several repetitions tends to give the silver a yellowish cast. This can be prevented or overcome by polishing the silver in the usual manner with alcohol (gin) and sifted whiting, dust from incandescent mantles, or any standard polish, about every third or fourth time it is cleaned, instead of using the metal plate. To keep silver bright after polishing, put pieces of gum camphor in the silver drawer or chest, and keep extra silver in baize or flannel cases. Once or twice a week when washing the dinner dishes, before the silver is wiped, immerse it for ten minutes in a basin filled with the following solution: one tablespoonful each of salt and alum dissolved in one cupful of boiling water, and added to one quart of

cool water in which one tablespoonful of cream of tartar has been dissolved. The mixture can be kept in a preserve jar and used a number of times. When the silver has finished soaking wipe with a towel as usual and give a final polish with a chamois.

Sink, Care of the

To prevent clogging of the sink drain by grease, as well as needless labour in caring for the sink, scrape all soiled dishes and cooking utensils before putting into the dishpan, and wipe out the greasy ones with crumpled newspapers. If this plan is faithfully followed there will be no need of a sink strainer because the dish water will be free from crumbs and other solids, and the dish water will not leave the usual greasy deposit upon the sides of the sink. Enamel or porcelain sinks can be kept clean by washing with soapy water, and wiping occasionally with a cloth moistened with paraffin. Unless the dishpan is mounted on rubber feet, a rubber mat should be placed under it in the sink to prevent the scratching or chipping of the porcelain surface. Slate and iron sinks require occasional cleaning. Paraffin is useful here also for the removal of greasy deposits and, in the case of iron sinks, of rust. Steel shavings moistened with linseed oil is an excellent medium for keeping an iron sink smooth and clean.

Sink Drain, To clear, when stopped

Dissolve $\frac{1}{4}$ lb. of copperas in two quarts of boiling water, or 1 lb. of lye in six quarts of boiling water, and pour down the drain. Then flush with clear hot water. Or pour down a gallon of boiling water to warm the pipe, and then one cupful of paraffin to form an emulsion with the grease in the pipe. After five or ten minutes flush out with another gallon of boiling water. Never use

washing soda (sal soda) to clear a grease-clogged drain, because it combines with the grease to form hard soap which takes a long time and many gallons of hot water to dissolve. Coffee grounds will keep a pipe or drain sweet.

Smoky Chimney, To cure. *See* CHIMNEY.

Soap Bark Solution, To prepare and use

Pour one quart of boiling water over one cupful of soap bark and boil twenty minutes. Strain through cheesecloth and use for sponging woollen materials. Or add instead of soap to a pailful of water and use for washing dark coloured silks or woollens, especially those the colours of which have a tendency to run.

Soap Grease, To prepare and keep from spoiling

1. Save all beef suet, mutton tallow and pork fat until a quart or more has been accumulated. Chop coarsely and dissolve in the oven or in a steamer. Strain through a piece of cheesecloth laid in a wire strainer, pressing the scraps with a spoon to extract all the fat possible. Add to the liquid twice or thrice its bulk of water and a tablespoonful of salt, and boil five minutes. Let stand until cold, remove the solid cake of fat floating on the surface, wipe dry, and store in a cool place. *This method may be used to purify fat and drippings to be used for cooking*, as well as for those intended for making soap. 2. If grease and scraps become tainted before they can be clarified put them into a pan with three times their bulk of water and add permanganate of potash (POISON) in the proportion of one teaspoonful to six pounds of fat or less. Dissolve the crystals in a little boiling water, mix thoroughly with the fat, and boil until the latter is dissolved and cleaned. Strain through

cheesecloth and cool. Note : *Fat prepared with permanganate must be used for soap grease only, and not for cooking purposes.*

Soap Jelly, To prepare

Dissolve scraps or shavings of soap in about an equal bulk of boiling water, adding one teaspoonful of borax for every pint. When cold it will form a jelly.

Soap Solution, To make

Shave one large bar of soap. Add three quarts of boiling water and let simmer until the soap is completely dissolved.

Soap, To make

Dissolve one pound of soda lye in three pints of cold water and set aside to cool (the action of the lye in dissolving makes the solution hot). Melt $5\frac{1}{2}$ lb. of fat and stir in two tablespoonfuls of borax. When the fat is cool but not solidified, and the lye solution is cold, add the lye to the fat *very slowly*, stirring constantly, and continue to stir until the mixture is about as thick as honey. Pour into shallow wooden or heavy cardboard boxes lined with oiled paper, and stand aside to harden. *See also TOILET SOAP.*

Soda, Household uses for

1. Half a teaspoonful of soda added to *stewed cranberries* or sour fruits when nearly done will lessen the quantity of sugar required to sweeten them. 2. Add a pinch of soda to the tomato before combining with the milk for *tomato bisque*, and the mixture will not curdle. 3. Soda added to the water for boiling *vegetables* that are a little old will make them more tender.

Solution for the Removal of Grease. *See GREASE SPOTS.*

Soot, To remove from carpets

Cover lightly with dry starch, salt, bran, or fuller's earth. Remove by flicking soot, etc., into the dustpan with a brush. A paste of calcined magnesia and fuller's earth mixed with ammonia will remove the mark if allowed to work into the pile before being brushed off.

Soot, To remove from woodwork

Wipe with a soft clean cloth wet with paraffin or ammonia.

Spats, White, To wash. *See* WHITE SPATS.**Sponges, To clean**

Soak in strong salt water for twenty-four hours, then rinse first in cold then in warm water. All dirt, slime and grease will have disappeared, leaving the sponge ready for use. Old rubber sponges clean woollen clothes.

Spot Remover for Wood Finishes. *See* WOOD FINISHES, SPOT REMOVER FOR.**Spots on Unvarnished Wood Floors, To remove.** *See* UNVARNISHED FLOORS.**Stain, Brown, For Floors.** *See* BROWN STAIN FOR WOOD.**' Stained Glass ' Paper, To remove from glass**

The easiest method of removing ' glacier ' or any other imitation stained glass paper is to apply one of the preparations sold for the purpose at many oilshops, following the printed directions provided. Or add two heaped tablespoonfuls of washing soda to a quart of mixed vinegar and boiling water and apply to the window with an old brush. When the paper is thoroughly softened, scrape off with a putty knife.

Stains, Compound, To remove

It often happens that a stain is produced by a mixture of two or more ingredients, each of which may demand separate treatment. Coffee and cream, for example, should be treated first as for grease—which is 'set' by boiling water—and afterward, if necessary, for coffee. Ice cream soda stains are composed of cream, fruit acids and sugar and should be treated first with a grease solvent and then with boiling water as for sugar and fruit juice. In case the acids have turned the colour of the fabric, the treatment recommended for acid stains may then be applied. Other compound stains can be analysed and treated in similar fashion. *See* under GREASE SPOTS for various other stains.

Stains from Tea, Coffee, Cocoa, Wine, Fruit, Scorch, etc.

See under specific headings.

Stains on Fabrics, Metals, Wood, etc., To remove. *See* under specific headings as GREASE SPOTS, ACID, INK STAINS, ETC.**Stains on Marble, To remove. *See* MARBLE.****Starch, Boiled, To prepare**

Use quarter cupful of starch to a quart of boiling water for moderate stiffness, and half cupful of starch to the same quantity of water for a stiff body finish. Mix the starch to a thin, smooth paste with cold water and stir slowly while pouring on the boiling water. Add half tablespoonful of borax, and the clothes will, when ironed, assume a gloss which will prevent them from becoming so easily soiled.

Starch Substitutes

Use borax or rice water in place of starch for stiffening voiles, dimity and cotton georgette, fine collars and

jabots. Use weak gum arabic solution for silk and crape, and rice water for cretonne and figured cottons or linens.

Sticking of Cakes, To prevent. *See* **CAKES, To REMOVE.**

Stock Pot, How to keep a

A stock pot should be in every kitchen. By its means the basis of nourishing soups, gravies and delicious dishes can be provided from bones, meat trimmings, etc., which would otherwise be wasted. Whether intended for clear or thick soups, stock made from fish must be kept quite separate from that made from meat or poultry, while the meat and flesh of poultry, and meat of any kind can be mixed together to form stock for brown or thick soups. It is important to remember that stock of any kind must be boiled up daily to keep it wholesome, and if kept for more than a day without any liquor being extracted, the entire contents should be turned out of the saucepan into an earthenware vessel until reheated the next day. Stock of any kind will not keep sweet if allowed to remain in the same pan longer than necessary. While the water in which haricot beans, lentils and green peas, and every kind of vegetable, can be used as a basis of soups, it should never be kept for more than a day, or added to the ordinary stock pot, unless required for immediate use, as vegetables have the disadvantage of turning sour and making meat stock unfit for future use.

Stockings, To darn

Darn diagonally across the weave, instead of with it, and the darn will give as the stocking stretches, thus lessening the tendency of the fabric to break into new holes in the vicinity of the darn. When mending the knees of children's stockings, first patch the hole with

a piece of coarse black net—applied diagonally—and then darn through its meshes. This takes far less time and makes a stronger and neater darn.

Stone, To clean

To remove grease from a stone hearth or stone steps, pour on a strong solution of washing soda in boiling water. Then cover the stain thickly with a paste of fuller's earth and hot water and let remain over night. Repeat if necessary. Weather stains on stone steps and window sills can usually be removed by scouring with coarse flannel or a stiff brush dipped in warm suds with a spoonful of paraffin added.

Stoppers, Glass, To extract. See GLASS STOPPERS.

Straw Hats, To clean

Mix together equal parts of oxalic acid crystals (**POISON**) and precipitated sulphur. Dissolve half teaspoonful of the mixture in half a cupful of cold water. Clean the hat with a soft brush dipped in this solution, and dry in the sun. *Panama Hats* may be cleaned with peroxide of hydrogen applied with flannel, repeating if necessary; or with fuller's earth or powdered magnesia well rubbed in with a piece of velveteen, allowed to remain for several days, and then brushed off: or with slightly dampened bran applied with a moderately stiff brush. Shake off the excess, dry in the sun, and then brush.

Straw Hats, To stiffen

After the hat has been cleaned and dried, sponge thoroughly with the beaten white of an egg and put on a hatstand or a tall cone of cardboard to dry.

Suède Belts, To clean

Rub the surface with a coarse flannel dipped in sawdust or bran, then raise the nap with coarse glass-paper. *See also GLOVES and SHOES.*

Suet, Substitute for

There is nothing better as a substitute for suet or baking powder than sago, soaked in water or milk until quite soft, then added to the flour, in the proportion of one small teacupful of dry sago to four of flour.

Suet, To preserve and chop easily

Suet of any kind should be melted in the oven, then strained and allowed to get cold before being chopped, to prevent waste.

Sugar, Brown, To keep from lumping. *See BROWN SUGAR.***Sugar, To clarify for salads**

Use white sugar and add $3\frac{1}{2}$ gills of water to a pound, boil up and skim, then add more water and boil again. Strain through muslin and bottle ; cork tightly, and use for fruit salads.

Sugar, To economize

Add a pinch of soda to stewed rhubarb, dried apricots, or cranberries, when nearly done, and considerably less sugar will be required for sweetening. To preserve fruit without sugar *see FRUIT, TO PRESERVE.*

Sugarless Fruit Preserving. *See FRUIT, TO PRESERVE.***Sulphur, To bleach with**

Sulphur is the best and safest bleaching agent for woollens. Place a sulphur candle in a pan of water in

the bottom of a barrel across the mouth of which several stout cords have been stretched. The fabric or garments to be bleached should be clean and wet. Hang them over the cords, light the candle, and cover the barrel tightly. This process should not be attempted unless it can be carried on out of doors.

Surgeon's Plaster, Uses for. *See* ADHESIVE TAPE.

Sweaters, To wash. *See* KNITTED GARMENTS.

Syrup, To measure quickly

Dip the measuring cup or spoon in scalding water and the syrup will turn out quickly.

Tablecloths, To prolong the life of

Barring accidents, tablecloths first show wear along the creases in which they are habitually folded. When this occurs, cut an inch from one end and one side of the cloth and refinish the edges. This will bring all of the creases in new places. Cotton floss is preferable to thread for darning linen; the stitches should be run in the same direction as the weaving.

Table Ferns, Care of

Improper watering and too shallow a fern dish are two of the commonest causes of failure with table ferns. The dish should be the deepest obtainable, because ferns root deeply. Ample drainage must be provided by covering the bottom with a layer of broken crockery. Instead of watering from the top in the usual manner, set the fern dish in water deep enough to come to within half an inch of the top, and let it stay until enough water has been absorbed to rise by capillary attraction and saturate the surface of the soil. Drain thoroughly,

and do not water again until the surface is actually dry. Spray the foliage once a week, on a clear day, with tepid water applied with a plant syringe that throws a fine mist.

Table Tops, To re-finish

Scrub well with a solution of one heaped tablespoonful of washing soda in one quart of hot water to remove grease and kill the gloss of the old finish. Fold a piece of thick felt, heavy woollen suiting, or old pile carpet over a block of wood with a perfectly flat face and of a size to be easily grasped, moisten well with linseed oil, sprinkle with powdered pumice, and go over the surface of the table with long, even strokes, working *with* the grain. Take care to keep the rubber well moistened with oil, as otherwise the pumice will leave fine scratches. When the surface feels perfectly smooth to the fingers, wipe off the pumice with additional oil applied with a handful of soft old rags, and rub off the surplus with clean rags. If the stain has been partially removed, or a new colour is to be applied—as dark oak over light—brush on an oil stain of the desired shade, taking pains to avoid streaks. As soon as it begins to ‘set’—which will be in about twenty minutes—wipe off the surplus with a bunch of rags, working always *with* the grain of the wood. Let it stand from twenty-four to forty-eight hours. Then, if the grain has been raised at all by the stain, smooth lightly with fine sandpaper and wipe off the dust before finishing with waterproof varnish or giving a coat of shellac in preparation for finishing with wax a couple of hours later. Wax is a beautiful and desirable finish for library tables and small fancy tables and stands of all descriptions. Dining tables are best finished with two coats of waterproof varnish applied twenty-four hours apart. If a dull finish is preferred, lightly sand-

paper the first coat of varnish before applying the second. Let the latter stand forty-eight hours and then rub down with oil and pumice, taking care to make the strokes very light and even so as not to cut through the film of varnish.

Another method is to give an oil finish. For this the old finish must be taken off right down to the bare wood by the use of a commercial varnish remover, applied according to directions on the label. When the wood is thoroughly clean and dry, smooth with oil and pumice as directed above. Then take an oblong piece of velveteen, fold once, and holding by the ends dip the centre in a saucer of paraffin oil. Now take one end in each hand and by twisting in opposite directions wring the fabric as dry as possible. Go over the table with this, redipping in the oil once or twice if the top is large, and rubbing vigorously. With a piece of clean cheesecloth rub off the surplus oil from the surface. Repeat this treatment once a week for several months, always taking care not to leave the surface oily.

Taffetas, Silk, To stiffen

Wring a sponge or cloth out of borax water, and wipe the wrong side of the silk ; then iron when nearly dry on the wrong side.

Tan-coloured Fabrics, To launder without fading

Tan stockings and clothing are apt to fade to a sickly brownish yellow in laundering. This can be prevented by adding a very little dye of the proper shade to the last rinsing water and also to the starch, if used.

Tan Shoes, To clean

When very badly soiled and spotted, put on shoe trees and wash with flannel squeezed out of strong suds

of white soap. Absorb as much moisture as possible by pressing with a handful of soft rags, and leave on the trees to dry. While still damp, rub in a little castor oil or liquid vaseline with a piece of flannel. Banana skins are equally efficacious. When thoroughly dry, polish as usual.

Tar, To remove from fabrics

Sponge with alcohol, or chloroform, or turpentine followed by benzine (take the usual precautions in regard to fire). Or rub with lard, scrape off as much tar as possible after it has stood a while, and wash with soap and water.

Tea Stains, To remove from fabrics

When fresh, pour boiling water through the stained portion of the fabric, from a height. If old and dry, soak in glycerine or strong cold borax water for half an hour before treating as above. If the tea contained cream, it may be necessary to treat first for grease by rubbing with glycerine or lard, and then to wash with warm water and soap. Obstinate stains can be bleached with permanganate (*see* POTASSIUM).

Tea, To flavour

Keep dried orange peel in the tea canister and add a piece one inch square to each drawing of tea.

Thickening Agents, Correct proportions of

1 Level Tablespoonful of
Flour
or
 $\frac{2}{3}$ Level Tablespoonful of
Cornflour

} Will thicken one cupful of
liquid for cream soups.

2 Level Tablespoonfuls of
Flour

or

5 Level Tablespoonfuls of
Browned Flour

or

1½ Level Tablespoonfuls
of Cornflour

Will thicken one cupful of
liquid for gravies and
sauces.

1 Egg will thicken one cupful of milk for cup custards.

1 Level Tablespoonful of shredded gelatine will thicken
one pint of liquid for small individual moulds.

1½ to 2 Level Tablespoonfuls of shredded gelatine will
thicken one pint of liquid for large moulds filled with
fruits or vegetables.

Tiled Floors, To clean

Dissolve $\frac{1}{4}$ lb. of shaved yellow soap and $\frac{1}{4}$ lb. washing
soda in a gallon of hot water and apply to the floor with
a stiff brush. Rinse with clear water and wipe with soft
cloths. Some domestic scientists advise the application
of a very small quantity of liquid wax as a floor finish.
The method recommended is to cover a dry mop with a
soft cloth, dip this in a saucer of liquid wax (obtainable
ready mixed at oilshops), and rub it briskly over the
floor. If more than enough wax to fill the pores of the
tile is used, however, it will make the floor very slippery.

Tin Utensils, Care of

It is a great mistake to scour tinware in an effort to keep
it bright, because the tarnish protects the surface and
makes it wear longer, and the tin is a much better
conductor of heat after it has become darkened by use.
Always take pains to wipe tin utensils thoroughly after
washing, to prevent rust. Milk cans may be kept sweet by
boiling occasionally in a strong solution of washing soda.

Tinned Food

When tins are bulged it is a sign that air has entered and decomposition set in, making the food unfit to eat.

Tips on Shoe Laces, To replace

When a tip pulls off, dip the end of the lace in melted sealing-wax of the same colour, and shape to a point with the fingers while still warm.

Tobacco Smoke, To remove odour of

To free a room from the odour of tobacco smoke, put a lump of crystal ammonia in a jar with three or four drops of oil of lavender. Add a few tablespoonfuls of boiling water and let the jar stand uncovered in the room, which it will fill with a faint but clean and refreshing odour.

Tobacco Stains, To remove from metal

Ash-trays of brass, nickel or antimony often become stained by use. They can be cleaned by applying alcohol with an old toothbrush and then washing in hot vinegar and salt.

Toilet Soap, To make

Dissolve one can of soda lye in $2\frac{1}{2}$ pints of cold water. Have ready 5 lb. of clarified mutton tallow, barely melted. When the lye mixture is cold, add it very gradually to the melted fat, stirring steadily. Add 4 ozs. of glycerine, $\frac{1}{2}$ oz. oil of lavender or other perfume, and 2 tablespoonfuls of powdered borax. Continue stirring until the mixture is as thick as honey, and pour into shallow boxes lined with oiled paper.

Tomatoes, To ripen when cut

Pick as soon as the skin begins to show a tinge of brown, then place in an air-tight box. The fruit will

ripen thoroughly. Tomatoes may be packed for transit in sawdust or corkdust, care being taken to see that they do not press against each other. Wood shavings also can be used.

Tough Meat, To make tender

Brush over with one part vinegar and two parts olive oil and let stand several hours before cooking.

Treacle, To measure quickly. *See* SYRUP.

Turpentine Spots, To remove from fabrics

When turpentine is used for the removal of certain kinds of stains, it is apt to leave a ring or sticky spot on the fabric treated, owing to the slowness with which it evaporates. This ring or spot can be removed in turn by sponging with grain alcohol.

Twine-holder for the Kitchen, A practical

Put the ball of twine in a tin funnel of suitable size, and hang on the wall, first drawing the end of the twine from the *centre* of the ball through the opening at the bottom of the funnel.

Unvarnished Wood Floors, To remove spots from

Turpentine will remove many kinds of spots from unvarnished floors. In obstinate cases apply a strong solution of soda lye with a swab of rags tied to a stick. This usually removes the stain, but darkens the wood. To restore the colour, apply a solution made by dissolving one teaspoonful of oxalic acid crystals (**POISON**) in a scant cupful of hot water. Let it stand until the wood is sufficiently bleached, and then wash off with ammonia and water.

Upholstered Furniture, To clean. *See* FURNITURE, To CLEAN.

Varnish, To brighten

Wipe with cheesecloth moistened with linseed oil or liquid polish, or wrung out of a quart of hot water containing one tablespoonful each of turpentine and linseed oil; then rub with heavy woollen cloth until the lustre is restored.

Varnish, To remove from fabrics

Saturate with turpentine, rub between the hands, and sponge with alcohol or chloroform.

Varnish, To remove from wood

When the varnish on a piece of furniture is very old and dry, the easiest method of removing it may be to scrape it off with the edge of a piece of glass. Hold the glass with both hands and draw it straight forward with a steady, even pressure, taking care not to cut into the wood. Varnish that is not old enough to show signs of flaking and crumbling, whether on furniture or woodwork, can be removed with strong soda lye water. Apply the solution with an old brush, let stand until the varnish is thoroughly softened—which usually takes from ten minutes to half an hour—and then scrape off with a dull putty knife, assisted on mouldings or irregular surfaces by handfuls of old rags. Ordinary methods of applying and scraping are too slow to use on floors. Instead apply strong soda lye water with an old broom, beginning in the farthest corner of the room and working backward toward the door. When the varnish is sufficiently soft, put on an old pair of shoes or worn out rubbers, start at the door with the broom and brush the pasty varnish forward until it is collected in a sticky

mass in the opposite corner. A second application of soda lye is sometimes necessary in cases where many coats of varnish have been applied, and the use of the putty knife may be required here and there on small areas. Follow by mopping the floor thoroughly with clear hot water. If the soda lye has darkened it too much, apply with a cheap whitewash brush a solution of oxalic acid (**POISON**), made by dissolving half cupful of the crystals in five or six quarts of water. When the floor is sufficiently bleached rinse with strong ammonia water.

Varnished Floors, To remove spots from. *See under specific kinds of spots, as GREASE SPOTS, INK STAINS, etc.*

Varnished Surfaces, To clean. *See WOOD FINISHES.*

Vaseline Stains, To remove from fabrics

Vaseline stains are permanently set by boiling, and hence should be removed from bedding or clothing before it is laundered. This may be accomplished by saturating the stain with turpentine and letting it stand for half an hour previous to washing.

Veal, Shopping guide for

In season during February to October, and most wholesome during the summer months.

The meat should be pale in colour and firm to touch, and the fat white. If well cooked veal is quite as wholesome as any other meat.

Name of Joint.	Suitable for.	Remarks on Cooking and Serving.
SHOULDER AND BLADEBONE.	May be cut in two for roasting (the bladebone, middle and knuckle). The middle neck, under shoulder, is sold for stews.	Roast veal, stuffed or unstuffed, should be served with parsley sauce or thick brown gravy, and bacon

Name of Joint.	Suitable for.	Remarks on Cooking and Serving.
BEST END OF NECK	A small roasting joint, but not economical on account of amount of bone. Cut up, as a rule, for chops.	croquettes; if stewed or boiled, with ham or tongue, and white sauce flavoured with lemon juice.
LOIN	A good roasting joint; excellent stuffed. Not cheap on account of amount of bone.	Veal must not be served underdone.
CHUMP END OF LOIN	For roasting or cutting up for cutlets.	
SCRAG END OF NECK	Any weight up to 5 lb.	
KNUCKLE (fore)	Sometimes roasted, but better stewed.	
BREAST	A good roasting joint.	
FILLET	The best cutlets are taken from this. As a joint it is most economical.	
KNUCKLE (hind)	Cheap, but only suitable for gravy making.	
FEET	For making jelly.	

RULES FOR CARVING VEAL

All joints with prominent bones should be arranged on the dish with the thickest end to the right, and the bone to the left. That part covered with the most meat should be upward ready to carve.

Vegetables, Shopping guide for

	In season during	Time to allow for cooking.
ARTICHOKES (Globe)	July to October ...	30 mins.
„ (Jerusalem)	October to March ...	20 to 35 mins.
ASPARAGUS	April to June ...	20 to 25 mins.
BEANS (French) ...	June to Sept. ...	20 to 30 mins.
„ (Runner)	July to Sept. ...	15 to 20 mins.
„ (Broad)	May to July ...	15 to 25 mins.
BEETROOT	Autumn and spring	1½ to 3 hours.
BROCCOLI	All the year ...	10 to 15 mins.
„ (Sprouts)...	Nov. to May ...	15 to 20 mins.
BRUSSELS „	Sept. to Feb. ...	10 to 15 mins.
CABBAGES (Savoys)...	October to March ...	35 to 50 mins.
„ (Summer)	April to Aug. ...	15 to 25 mins.
„ (Red)	Aug. to Sept. ...	1 to 1½ hours.
CARROTS (Old)	All the year ...	1 hour.
„ (New)	June to Aug. ...	20 to 25 mins.
CAULIFLOWERS	May to Dec. ...	15 to 25 mins.
CELERY	Sept. to March ...	¼ to 1 hour.
CHERVIL	Spring and summer	Use in salads and sauces.
CUCUMBERS	All the year ...	20 to 30 mins. if cooked.
ENDIVE	Oct. to March ...	20 to 25 mins. if cooked.

	In season during	Time to allow for cooking.
HORSERADISH ...	Winter	For making sauce.
LEEKS ...	October to March	1 hour.
LETTUCE ...	All the year	10 to 15 mins. if cooked.
MUSHROOMS ...	Aug. to Nov.	20 to 30 mins. stewed or baked, 10 to 20 mins. fried.
ONIONS (Spanish) ...	July to March	1½ to 2 hrs., boiled or baked.
PARSNIPS ...	October to April	1 to 1½ hours.
PEAS (Green) ...	May to Sept.	15 to 25 mins.
POTATOES ...	All the year	20 to 50 mins.
„ (New) ...	May to July	15 to 25 mins.
RADISHES ...	All the year	For salads, etc.
SALSIFY ...	Nov. to March	30 to 40 mins.
SEAKALE ...	Dec. to April	25 mins.
SHALLOTS ...	July to Dec.	For salads and flavouring.
SPINACH ...	All the year	20 mins.
TOMATOES ...	All the year	20 mins. to bake.
TRUFFLES ...	Nov. to March	1 to 1½ hours to bake.
TURNIPS ...	All the year	35 mins. to 1 hour.
„ (New) ...	June to Sept.	15 to 20 mins.
TURNIP GREENS ...	March to May	20 to 25 mins.
VEGETABLE MARROWS	July to October	15 to 25 mins.
WATERCRESS ...	All the year	10 mins. if steamed.

Vegetables giving the most nourishment for weight are in the following order : potatoes, green peas, parsnips, beetroots, celery, carrots, onions, and cauliflower.

Vegetables, To blanch

See FRUIT AND VEGETABLES for a quick and easy method of blanching in preparation for preserving.

Vegetables, To pare new

The thin, delicate skins of new potatoes and young carrots may be removed quickly and without waste by rubbing with a coarse cloth, taking care to keep both cloth and vegetable wet by dipping every few seconds in a basin of water.

Vegetables, To wash thoroughly

Steep in cold water and add borax instead of salt. Change the water by standing the basin under the running tap to wash away any insects.

Vegetables, Stale or Frost-bitten, To freshen

Soak in very cold water, to which a teaspoonful of carbonate of soda is added, for two or three hours before they are to be cooked.

Veils, Crape, To renovate. *See* CRAPE.**Veils, To wash lace**

Squeeze gently in tepid suds of white soap. Rinse and stiffen in a pint of water (substitute strong tea for black veils) in which two teaspoonfuls of powdered gum arabic have been dissolved. Stretch and pin into shape, and let dry.

Velvet Ribbon, To wash. *See* RIBBON, To WASH.**Velvet, To clean**

Dust with a very soft brush in the direction of the nap, and sponge with ammonia water if very dirty, or clean with a flannel smeared with butter. When the ammonia has entirely evaporated, stretch the velvet right side up over a large bowl or a tub filled two-thirds full of boiling water, and brush the nap gently with the soft brush. Small pieces of velvet used for trimmings can be steamed by passing across the face of a hot flatiron covered with a piece of muslin wrung out of cold water. Equally good results may be obtained by passing the velvet through the steam of a boiling kettle with a piece of muslin tied over the spout to prevent the spattering of hot water. Bows can be renovated by brushing, and cleaning, then steaming by wetting the wrong side and opening with hot curling irons ; the pile is raised by the steam.

Velveteen, Plain or Corduroy, To launder. *See* CORDUROY.

Ventilate Without Draughts, To

Cover an old window screen frame with unbleached muslin or the heaviest quality of cheesecloth and insert in the window at the top instead of the bottom. A good circulation of fresh air will be maintained, without a draught, and the cloth screen will admit plenty of light. For use in cold or stormy weather a frame half the height of the regular size can easily be made.

Verdigris, To remove from metals

Wash with strong soda water, and wipe dry. Mix one part sulphuric acid (**POISON**) and twelve parts water in an earthen vessel and apply to the metal with a small swab tied to a stick. Polish with oil and rotten-stone and finally with dry rotten-stone.

Voile, To wash

Add a little ammonia or soap jelly to the water, but do not rub soap on to the material. Rinse in clear warm water and add borax to stiffen the voile slightly. Curtains made from cotton voile last longer than muslin.

Vulcanite, To repair

Dissolve some gelatine in strong acetic acid, then stand jar in pan of boiling water to keep liquid. Roughen edges of vulcanite article with sandpaper.

Wall Paper, To clean and hang

Dissolve two tablespoonfuls of washing soda in one cupful of warm water and stir in enough flour—about one quart—to make a stiff dough. Take a piece of dough the size of the fist, start at the upper left hand corner of one wall of the room, and work across one breadth of paper from left to right with short, parallel, downward strokes, turning and kneading the dough so as

to present a fresh surface whenever the old one becomes soiled. Chunks of stale bread can be used in a similar manner. Or rub lightly with cheesecloth bags filled with maize meal, or with handfuls of cheap cotton batting, turning as often as the surface becomes soiled. For the *removal of grease*, cover the spot with a piece of blotting paper and press with a hot iron. Change the blotting paper as often as it becomes stained by the absorption of grease. For method of hanging a thin, cheap paper *see* PAPER, EASY METHOD OF HANGING.

Wall Paper, To protect when cleaning woodwork

The paper is very apt to become wet or soiled in places by contact with the cloth employed when washing or polishing woodwork. To eliminate risk of this, procure a sheet of tin a foot or more in length, and hold it against the wall close to the skirting or wood casing, moving it along as the work progresses.

Wall Paper, To remove

Saturate the wall paper with boiling water applied with a whitewash brush. Allow to stand until well loosened, and scrape off with a broad-bladed putty knife, taking care not to injure the plaster.

Wall Paper, To repair

To hide scratches on wall paper, moisten a scrap of the same design, brush off some of the colour with a small bristle paint brush dipped in water and apply to the scratch. When the defaced portion is too large to be treated as above, cut out a patch of new paper large enough to cover the injured surface, carefully matching the pattern. Tear all four edges irregularly with the fingers, then lay the patch face down on a piece of glass and scrape the edges very thin with a small, sharp

knife blade. Paste this on the wall, patting down smoothly with a handful of rags, and it will scarcely be noticed. In case the paper on the wall has faded, lay the patch in the sun until faded to the same tone before applying.

Wall Paper, To waterproof. *See* WATERPROOFING.

Walls, Painted, To wash. *See* PAINTED WALLS.

Wasps, To kill

Wasps often gain access to an attic or shed through some chink in or under the roof. To destroy them, place on the window-sills, beams, or high shelves, saucers of water containing one teaspoonful each of sugar and formalin (**POISON**). Take care, however, that small children and pet animals are rigidly excluded as long as the poisonous solution remains. A wasp sting may be relieved by rubbing the part with washing blue or soda.

Waste Pipes, To clear when stopped. *See* SINK DRAIN.

Water, To filter or strain

Any water may be purified by boiling, then straining through white silk or blotting paper folded fan-shape to form a funnel.

Water, To soften

Add to each gallon of water one tablespoonful of washing soda or borax dissolved first in half a pint of boiling water.

Water, Muddy, To clear for laundry use

For each gallon of water to be cleared, stir in one scant tablespoonful each of alum and borax dissolved in a little

hot water. Mix thoroughly and let stand until the mud has settled to the bottom. Then syphon the clear water into another receptacle with a short length of garden hose, taking care the end in the water does not sink far enough to disturb the muddy sediment. This can be prevented by tying a floating block of wood to the hose, at a point which will keep the end at the desired depth.

Water Spots, To remove from fabrics

Damp the material evenly all over with a moist sponge or cloth, and press on the wrong side with a warm—not hot—iron. Or pass through the steam from a boiling tea-kettle with a cloth tied over the spout. When evenly damped, shake in a current of air until dry.

Water Spots, To remove from wood. *See* WHITE SPOTS ON WOOD.

Waterglass, To prepare for use

Boil and cool nine quarts of water. When cold, add one quart of sodium silicate and mix thoroughly. For method of preserving eggs in waterglass, *see* EGGS.

Waterproofing

Boots : a mixture of three parts melted tallow and seven parts neat's-foot oil may be applied to the seam with a paint brush and to the soles and uppers with a woollen cloth, to render boots waterproof. Or pour a little boiled linseed oil in a shallow tin pan and stand the boots in it until the soles are thoroughly saturated. (The oil should not be deep enough to rise above the soles.) Rub castor oil into the uppers with a piece of woollen

cloth, and go over all seams with a small paint brush dipped in the best copal or spar varnish, paying particular attention to the junction of the soles and uppers. Repeat the application of oil from time to time, and give the edges and bottoms of the soles a coat of varnish every two or three months. Boots thus treated will wear longer in addition to being proof against rain and dampness. *Pottery*: occasionally the inside glaze of a pottery flower bowl or vase is found to be imperfect, so that when in use a ring of moisture is formed on the table or other surface on which it stands. When this is the case, warm the pottery with hot water, and wipe. Then pour into it a few spoonfuls of melted paraffin and turn and tip the vessel until the whole interior is coated. *Shoes*: see 'Boots.' *Wall Paper*: if the walls of a kitchen or bathroom have been hung with ordinary wall paper, it can be made waterproof by giving it a thin coat of spar varnish. *Woollens*: dissolve in three gallons of water four ounces powdered alum and four and a half ounces sugar of lead (**POISON**). Stir twice a day for two days. Carefully pour off the clear liquid and stir in quarter ounce of isinglass dissolved in a little warm water. Steep the cloth or garment in the solution for six hours and let drip until dry.

Wax, To remove from fabrics

Scrape off as much wax as possible, place blotting paper under and over the spot, and press with a hot iron. If any traces remain they may be dissolved with paraffin or benzine after opening the windows and taking care that there is no fire or open flame of any description in the room. The dye deposited by drippings from coloured candles can usually be removed by saturating the spot with alcohol, placing it over a pad of absorbent rags, and sponging with a soft cloth wet with alcohol.

Waxed Finish, To remove

Sponge small areas with turpentine. Remove from large areas—such as floors—with a solution of one pound of washing soda dissolved in a pailful of hot water and applied with a mop. If any traces of wax are left, remove with turpentine.

Waxed Floors or Furniture, To remove spots from

Remove the wax from the stained portion by sponging with turpentine. If the stain has gone through the finish into the pores of the wood and turpentine will not remove it, apply the proper solvent, for which *see* INK STAINS, GREASE SPOTS, etc. When the fumes of turpentine have evaporated apply a fresh coating of wax to the spot, and polish in the usual manner.

Waxed Surfaces, To clean. *See* WOOD FINISHES.**Wedding Anniversaries**

1st	year	..	Cotton wedding.
2nd	„	..	Paper wedding.
3rd	„	..	Leather wedding
5th	„	..	Wooden wedding.
7th	„	..	Woollen wedding
10th	„	..	Tin wedding.
12th	„	..	Silk and Fine Linen wedding.
15th	„	..	Crystal wedding.
20th	„	..	China wedding.
25th	„	..	Silver wedding.
40th	„	..	Ruby wedding.
50th	„	..	Golden wedding.
60th	„	..	Diamond wedding.

Weights and Measures

- DRY MEASURE

2 pints	..	..	..	= 1 quart
8 quarts, or 16 pints	..	..	..	= 1 peck
4 pecks, or 32 quarts, or 64 pints	..	..	..	= 1 bushel

LINEAR MEASURE

12 inches	..	..	..	= 1 foot
3 feet, or 36 inches	..	..	..	= 1 yard
5½ yards, or 16½ feet	..	..	..	= 1 rod, pole or perch
220 yards	..	..	..	= 1 furlong
320 rods, or 1,760 yards, or 5,280 feet	..	..	..	= 1 mile

LIQUID MEASURE

4 gills	..	..	..	= 1 pint
2 pints, or 8 gills	..	..	..	= 1 quart
4 quarts, or 8 pints, or 32 gills	..	..	..	= 1 gallon
31½ gallons, or 126 quarts	..	..	..	= 1 barrel
2 barrels, or 63 gallons	..	..	..	= 1 hogshead

LIQUID MEASURE USED IN COOKING

3 teaspoonfuls	..	..	..	= 1 tablespoonful
2 tablespoonfuls, or 6 teaspoonfuls	..	..	..	= 1 ounce
8 ounces, or 16 tablespoonfuls	..	..	..	= 1 cupful
2 cupfuls, or 16 ounces	..	..	..	= 1 pint
2 pints, or 4 cupfuls, or 32 ounces	..	..	..	= 1 quart

AVOIRDUPOIS WEIGHT

16 drachms	..	..	..	= 1 ounce
16 ounces, or 256 drachms	..	..	..	= 1 pound
14 pounds	..	..	..	= 1 stone
112 pounds	..	..	..	= 1 hundredweight
20 hundredweight or 2,240 pounds	..	..	..	= 1 ton

WEIGHING FOOD WITHOUT SCALES

Ingredient.	No. and size of spoon.		Weight.
Almonds (grated) ..	1	piled tablespoonful	= 1 oz.
Arrowroot ..	2	„ „	= 1 „
Barley (pearl) ..	1	„ „	= 1 „
Beans (haricot) ..	1	level „	= 1 „
Breadcrumbs (fresh) 2	piled	„	= 1 „
„ (baked or dried) 2	level	„	= 1 „
Butter ..	1	full „	= 1 „
Carbonate of soda ..	9	level teaspoonfuls	= 1 „
Cheese (grated) ..	2	rounded tablespoonfuls	= 1 „
Cream of tartar ..	9	level teaspoonfuls	= 1 „
Cocoa ..	3	full tablespoonfuls	= 1 „
Coconut (desiccated) 2	„	„	= 1 „
Cornflour ..	2	„ „	= 1 „
Currants ..	1	„ „	= 1 „
Curry powder ..	1	level „	= 1 „
Dripping ..	1	full „	= 1 „
Flour ..	2	level „	= 1 „
Lentils ..	1	full „	= 1 „
Margarine ..	1	„ „	= 1 „
Oatmeal ..	1½	level „	= 1 „
Peas (split) ..	1	„ „	= 1 „
Raisins ..	1	full „	= 1 „
Rice ..	1	level „	= 1 „
Rice (ground) ..	1	full „	= 1 „
Salt (rough) ..	1	rounded „	= 1 „
Suet (chopped) ..	1	piled „	= 1 „
Sugar (castor) ..	1	level „	= 1 „
„ (icing) ..	1	„ „	= 1 „
„ (loaf) ..	5	ordinary lumps	= 1 „
„ (Demerara) ..	1	level tablespoonful	= 1 „
Tapioca or sago ..	1	full „	= 1 „
Treacle ..	1	small „	= 1 „
Vermicelli (broken up) 1	piled	„	= 1 „

Wheel Grease, To remove from fabrics. *See* GREASE SPOTS.

White Cottons, Yellowed, To bleach. *See* FADED COTTONS.

White Felt Hats, To clean

Mix one quart of maize meal with one cupful each of salt and flour. Rub into the surface of the felt, let stand over night, and remove by brushing. Spots of dirt or grime can often be removed with the finest sandpaper.

White Furs, Ermine or Fox, To clean. *See* ERMINE.

White Kid, To clean

A paste made of equal parts of fuller's earth, powdered alum, and cream of tartar, if spread over soiled or grease-stained white kid, will generally clean when other applications fail.

White Silk, To bleach

Dissolve a tablespoonful of hyposulphite of soda (the 'hypo' photographers use) in two quarts of water and dip the silk in the solution. Rinse in clear water. It is better to dip and rinse several times than to allow the fabric to remain in the solution for some time. This is a mild bleach which will do no harm to the fabric. When very dingy or yellow, however, it is advisable to bleach the silk as described under SULPHUR. Javelle water and bleaching powder yellow instead of whitening silks and woollens, besides weakening the fibres.

White Silk, To dry clean

Garments of taffeta and other non-washable silks can be freshened, when only a little soiled, by rubbing powdered magnesia into the fabric with a piece of soft white

flannel, sprinkling additional magnesia over the surface, and rolling up the garment in a large towel. Lay it away for two or three days, and then shake and brush with a soft brush until the powder is all removed.

White Silk, To prevent yellowing of

Use only the purest white soaps in laundering silks, as strong soaps turn them yellow and injure the fabric. The soap must not be rubbed on to the material, but dissolved in the water before the article is put in. Rinse in warm water to which a teaspoonful of blue ink is added; this preserves the colour and the stiffness can be retained by the addition of a little methyated spirits. When white silk garments are to be laid away for some time, wrap in dark blue tissue paper; do not iron after washing until required for wearing.

White Spats, To wash

Lay on a marble or porcelain slab and scrub with a soft brush dipped in a thick lather of white soap. Rinse with clear water, absorb as much of the moisture as possible by pressing in the folds of a Turkish towel, pull into shape, and hang over a line to dry. If badly wrinkled they may be pressed on a sleeve board, under a cloth, when partly dry. Avoid having the iron too hot.

White Spots on Wood, To remove

The colour of a varnish finish that has been turned white by water or hot dishes can be restored by rubbing lightly with a piece of flannel damped with spirits of camphor or essence of peppermint, followed after a few minutes by the application of any good furniture polish. Camphor and peppermint have the effect of softening the surface of the varnish temporarily, hence the final rubbing must be postponed until it has had time to harden

again. White spots on a wax finish usually result from scratches, and may be removed by sponging with turpentine and then applying a little fresh wax as soon as the fumes have evaporated.

Whitewash, To remove

Scrub with vinegar and water.

Wicker Furniture, To bleach

Natural finished willow, reed, or rattan furniture that has yellowed or darkened may be bleached by scrubbing with strong soapsuds containing half cupful of salt and two ounces of bleaching powder (chloride of lime) to the gallon. Apply with a stiff scrubbing-brush, taking care not to wet the hands or clothing, and place in the open air to dry.

Wicker Furniture, To clean. *See* FURNITURE, TO CLEAN.

Windows, To clean. *See* GLASS.

Wine Stains, To remove

If the stain is not dry, rub with salt and stretch over a basin, then pour boiling water over. If dry, wet with cold water, then dip in salts of lemon, mixed according to the stain and material. Wash in hot water as soon as possible to avoid destroying the fabric. Wine stains on dark silk can be removed if sponged at once with warm water to which a little salt has been added.

Winter Salads. *See* SALADS.

Wire Mattresses, To keep bright

Use brown paper in place of the usual sheets of newspaper under the overlay or palliasse, and the wire will

keep free from rust. If new, before using, rub the wire well with a rag smeared over with vaseline, then brush and cover with sheets of brown paper, of a fairly thick quality, which should be tacked together with strips of tape sewn across to attach the cover to the mattress. The tape should be loosely tied to allow for a certain amount of friction or movement of the paper when the bed is being used.

Wood Finishes, Cleaning and care of

The following methods, with the few exceptions specified, are equally applicable to floors, furniture, or woodwork. *Oil Finish*: sweep floors with a hair brush or dust with a dry mop (if there is enough dirt on the floor to form rolls of lint, it is better to do both). Wipe furniture or woodwork with a soft duster and wash with a cloth wrung out of hot water containing one tablespoonful of turpentine and three tablespoonfuls of linseed oil for every quart. Change for a fresh solution as often as it becomes soiled. Wipe with a clean, dry cloth. Whenever the surface begins to look dry and dull—which with floors is likely to be about once a month—renew the finish by applying as much oil as the wood will absorb. Rub vigorously into the pores of the wood and then with a clean, dry cloth rub off the surplus oil from the surface. One of the chief objections to an oil finish is that as a rule a sticky film is left to soil carpets and clothing and to catch and hold the dust. It is imperative for good results that the surface of the wood be wiped as clean as possible. Light oils, such as paraffin (warmed before applying) and what is known as ‘wax floor oil,’ are preferable to linseed and crude oil, both of which make the wood darker with each application, and after a time give it a blackish muddy appearance. *Painted Finish*: for walls, wet a large piece of cheesecloth in

warm water made soapy with dissolved white soap (*see SOAP SOLUTION*). Wring moderately dry, gather into a wad in the hand, and sprinkle the surface with whiting or pulverized chalk. Apply to the wall with a straight up and down, not a circular, motion. Wash as much of the wall surface as can be reached without changing position, rinse with clear water, and wipe with a dry cloth, preferably flannel, before proceeding. Clear water applied with a cloth sprinkled with whiting that has been sifted through cheesecloth to remove all gritty particles is the best cleanser for white or delicately tinted woodwork and furniture, although if very grimy a little soap solution may be added. After wiping, polish with a piece of velveteen or soft chamois. Painted floors may be washed with warm suds, rinsed, and wiped dry. Once a week or a fortnight go over the floor with an oil mop. Painted floors look better and wear longer if finished with a coat or two of waterproof varnish, in which case they may be treated as varnished floors. *Shellac Finish*: dust with a soft cloth or dry mop and wash with the oil and turpentine solution recommended for oil finish. *Varnish Finish*: the waterproof varnishes nowadays used so extensively for floors and the tops of dining tables can be washed with mild soap and moderately hot water without injury, but it is advisable even with these to add the turpentine and oil, as described above under *Oil Finish*, in order to 'feed' the varnish and preserve its lustre. An oil mop may be used once or twice a month, but too much oil catches and holds the dust and eventually forms a gummy coating which must be laboriously scraped off. Ordinary varnishes may have a similar treatment except that soap should be omitted unless the surface to be washed is extremely dirty, and the cloth should be wrung quite dry. For varnished woods finished in the natural colour, substitute paraffin

oil for the linseed. *Wax Finish*: water used alone spots waxed surfaces, but they can safely be cleaned with the water-oil-turpentine mixture provided the cloth is wrung quite dry and the surface polished afterward with velveteen or chamois. Waxed floors can be polished with a waxed mop, or with a weighted brush made for the purpose. Too much wax makes the floor dangerously slippery, and insufficient polishing leaves it sticky and dull looking. Apply the thinnest possible film of wax, therefore, and polish until it is hard and lustrous.

Wood Finishes, Spot remover for

In addition to turpentine, and the various solvents described under specific headings, as **INK STAINS**, **GREASE SPOTS**, etc., the following is an excellent general purpose solution for removing stains from wood finishes, and may well be kept on hand. Remember, however, that it is a deadly **POISON** of an extremely corrosive nature, and care must be taken not to spatter it on the hands or clothing, as well as to keep it out of reach of children. Mix together half cupful each of powdered rotten-stone, linseed oil, turpentine, naphtha, oxalic acid (saturated solution) and cold water, quarter cupful of alcohol, and half ounce sulphuric acid. Shake before using.

Wood, To remove white spots from. *See* **WHITE SPOTS ON WOOD.**

Wood, To stain brown. *See* **BROWN STAIN FOR WOOD.**

Wooden Utensils, Care of

Much soaking, or washing with very hot water, ammonia, and strong soda lye soaps will gradually darken utensils made of wood, and give them a muddy look.

The proper method is to wash and dry them as quickly as possible, using mild, warm suds. Scrubbing occasionally with fine sand or brickdust helps to keep them white (this, of course, does not apply to finely polished, varnished, or painted utensils, which should be washed with a cloth only). Dry thoroughly before putting away, but do not put on or over the stove, as artificial heat will cause them to warp and crack.

Woodwork, To clean. *See* WOOD FINISHES.

Woollens, To bleach. *See* SULPHUR, also HYPOSULPHITE OF SODA.

Note that a bleaching solution containing chloride of lime should never be used for woollens or silks, as besides injuring their fibres, it turns them yellow.

Woollens, To iron after washing

Woollens should be nearly dry when ironed. Turn wrong side out and cover with a piece of muslin which may be dry or damp, according to the amount of moisture left in the articles to be ironed.

Woollens, To launder

White Woollens, including Blankets : brush and shake to remove the loose dust. Do not soak unless very badly soiled, and then for a short time only, in moderately warm suds made with dissolved white soap (*see* SOAP SOLUTION) or in a solution of borax and water (one tablespoonful to each gallon of water). A washing machine will cleanse woollens with the least wear and tear. If washed by hand, squeeze and move about in the water, but do not rub. Wash and rinse in several waters, the first with borax in place of soap, which will preserve the whiteness, remove dirt quickly, and prevent shrinking ;

rinse in clear water of the same temperature. Squeeze or fold and pass through a wringer, but do not wring by hand. To preserve the soft texture, add a tablespoonful of glycerine to every two gallons of water used for the final rinsing. Turn wrong side out and dry in the shade. Sunshine makes woollens shrink and go hard. Blankets may be hung over a line, with the stripes vertical to prevent the colours from running into the plain part, or dried on curtain stretchers. Shake occasionally, and when dry, beat lightly with a rattan carpet beater or a short length of garden hose to raise the nap. *Coloured Woollens*: delicate tints may be treated as for white woollens. For strong or dark colours it is advisable to use a soap substitute (*see SOAP BARK SOLUTION*, and also *COLOURED FABRICS, To LAUNDER*). If the colour runs badly, add a small quantity of dye of the proper hue to the final rinsing water. This is particularly desirable in the case of dark blue or scarlet fabrics.

Woollens, To protect from moths

To afford adequate protection to woollens without recourse to moth balls, naphthalene flakes, and other evil-smelling repellents, brush and air them thoroughly, fold, and wrap in several thicknesses of newspaper, pasting down the ends securely. Then wrap in a second covering of newspapers, and tie with stout cord. Or pack in boxes and seal as described under *MOTHS*. *See also CLOTHES, To STORE*.

Woollens, To remove gloss from

Wring a piece of cheesecloth out of water containing a few drops of ammonia and sponge the fabric thoroughly. Press under a damp cloth. On heavy suitings the shiny appearance can be taken away by rubbing lightly with fine glass-paper.

Woollens, To waterproof. *See* WATERPROOFING.

Wrought Iron Fixtures and Ornaments, To clean

Rub with a woollen rag moistened with any thin oil, such as paraffin.

Yellow Articles, To retint

Use saffron in the rinsing water in preference to special die. Discoloured white silk can be tinted prettily by this means.

Yellow Spots on Porcelain, Painted Finish, etc., To remove

Yellow spots other than iron rust (for which *see* RUST SPOTS) can often be removed with household ammonia. If not, try javelle water or bleaching powder.

Zinc, To clean

Wash with warm soap and water or vinegar and whiting, baking soda, or bath brick. Rinse and wipe dry, then polish with a greased cloth.

Zinc-lined Baths, To enamel

The tub must be perfectly clean and dry. Go over the lining with fine sandpaper to give it a slight 'tooth' so that the paint will hold. Wipe off the dust and apply a thin, even coat of bath enamel. Allow twenty-four hours for drying, smooth the surface lightly with fine sandpaper, and apply a second coat. Dry and smooth as before, and apply a final coat. This should not be sandpapered. Allow three or four days for drying, and then fill the tub with cold water and let it stand over night to harden the paint.

Zinc-lined Refrigerator, To enamel a

Wash with soda water or a weak solution of soda lye to remove all grease. Rinse with clear water and wipe

dry. Rub with fine sandpaper and wipe off the dust. Then give two coats of flat white paint and two of bath enamel, allowing twenty-four hours between coats, and smoothing all except the last with fine sandpaper. Let it stand several days with all the doors open, in order that the paint may harden thoroughly. Do not enamel the racks or shelves, as the surface will soon become scratched and every scratch will afford a harbouring place for germs.

The Housewife's Medical ABC

*of Simple Remedies for Emergency Use, and
Directions for Rendering First Aid*

THE MEDICINE CHEST

NOTE.—Articles for external use must be kept separate from those for internal use.

Never go to the chest in the dark, and keep it locked when not in use, putting the key out of sight or reach of children.

Always see that appliances are returned to their place for future use. Replace any article out of stock immediately.

WHAT THE CHEST SHOULD CONTAIN

1. Dressings and Appliances for Rendering First Aid

Set of wood or cane splints, with webbing straps, padded with wool and covered with linen.

One bath thermometer for testing heat of water.

One clinical thermometer (with magnifying lens, easy to read) for taking body temperatures.

One kidney-shaped dressing basin.

One eyeglass, a graduated medicine glass, and a measure from 1 gill to a quart.

One pair of scissors (round pointed).

One pair of nail scissors.

One small silver penknife, or lance.

One syringe with detachable nozzle, $\frac{1}{2}$ pint.

One indiarubber syringe, smaller size, for ears or nose.

One pair of forceps (Pean's).

Safety-pins.

Needles.

Eye shield, finger and thumb stalls.

One nail-brush.

One long-handled camel-hair brush for painting throats.

Spirit lamp for burning deodorizers, disinfectant fluids, etc.

One nasal douche.

One triangular bandage, printed, showing many ways of applying the triangular bandage or sling when rendering first aid for any injury. (Obtainable from the St John's Ambulance Association, St John's Gate, Clerkenwell, E.C.)

One packet of medicated gauze.

One roll of boracic lint.

Sets of three roller bandages : 1 in., 2 in., 3 in.

Flannel bandages.

Elastic bandage for sprained joints, or varicose veins.

Triangular bandages for accidents, or arm-slings.

A large piece of oiled silk or oilskin for covering wet dressings.

Sticking plaster, court plaster, adhesive tape, wadding, and medicated wool.

2. Articles for External Use

Remedies for :

BURNS

{ Carron oil
Vaseline
Salad oil
Bicarbonate of soda

CUTS	Friar's balsam
DISINFECTANTS, or for making ANTISEPTIC WASHES	{ Condyl's fluid Permanganate of potash crystals Boracic acid powder and crystals Carbolic acid (poison) 'Milton' (a non-poisonous liquid for general disinfectant purposes)
HEADACHE	{ Smelling salts Solidified eau-de-Cologne Menthol
SKIN OINTMENTS	{ Boracic Zinc Carbolic Lanoline Cold cream
RHEUMATISM, SPRAINS	{ Embrocation Turpentine liniment Camphorated oil Goose oil Tube of capsoline ointment Chilli paste in a jar Arnica (for sprains)
SWELLINGS	Tincture of iodine
SORES	Carbolated vaseline
STINGS or INSECT BITES	{ Liquid ammonia Washing-soda Washing-blue
TOOTHACHE	{ Tincture of myrrh Oil of cloves Laudanum
EARACHE	Oil of almonds
POULTICES	{ Crushed linseed Bran

3. Medicines, etc., for Internal Use

BILIOUSNESS OR	{ Bicarbonate of soda
BILIOUS HEADACHE	{ Citrate of magnesia
COLD IN THE	{ Eucalyptus oil
HEAD	{ Spirits of camphor
	{ Rock camphor
COLD	{ Tincture of quinine
PREVENTIVES	{ Tincture of quinine and cinnamon
	{ Aromatic tincture of quinine (in liquid or tabloid form)
COUGHS	{ Paregoric and glycerine lozenges
	{ Honey
	{ Glycerine
	{ Cascara (in liquid or tabloid form)
APERIENTS	{ Castor oil
	{ Liver pills
	{ Epsom salts
	{ Seidlitz powders
EMETICS	{ Ipecacuanha wine
	{ Salt
	{ Dry mustard
FAINTING	Sal volatile
HEADACHE	Aspirin tabloids (5-grain tabloids)
INDIGESTION,	{ Peppermint water or essence of
or for	peppermint
INTERNAL PAINS	{ Ginger cordial or essence of ginger
	{ Syrup of rhubarb
SORE THROATS	{ Sal prunella balls
	{ Chlorate of potash pellets
SWOLLEN TONSILS	{ Tannin and glycerine
	{ Boracic powder
ULCERATED THROATS	{ Milk of sulphur

A bottle of mixture for influenza, and one for diarrhœa, obtainable from any chemist, should always be in hand.

Abscess, To treat a superficial

Draw to a head, or to the surface of the skin, with a poultice, or hot fomentations. If it breaks, put on a bread poultice to cleanse, then put a small piece of antiseptic gauze in the opening to prevent its closing too quickly before the matter has been drained away. Dress with fresh gauze frequently and cover with a bandage. If the abscess refuses to break, and the pain and swelling are unbearable, have it lanced; if only a small one, insert a clean needle which has been held in the flame for a second or two to sterilize it. Bathe the part with carbolic acid solution.

Acid Poisoning. *See* POISONS.

Acne, Treatment for

Improve the condition of the blood and general health, take more exercise. Bathe the spots with milk of sulphur (or sulphate of zinc : 1 drachm to 4 oz. of rose water). Borax is also good.

Aconite, Poisoning from. *See* POISONS.

Adenoids

Children who habitually keep their mouths open to breathe should be examined, and if adenoids are found it is best to have them removed while the child is young, as they prevent normal development.

Alkali Poisoning from Ammonia, Potassium, Soda. *See* POISONS.

Ammonia Poisoning. *See* POISONS.

Anæmia

Avoid fatigue, improve the condition of the blood and health generally, take exercise and sleep as long as

possible in a well-ventilated room. Take blood-forming foods and a quantity of milk, eggs, and cream. Have medical advice for chronic forms of this complaint.

Ankle, Injury to

If sprained, *see* **SPRAINED ANKLE**. If dislocated keep the foot in a natural position and support it, apply cold water bandages and send for a doctor, as much harm might be done by an unskilled person. If broken, prevent further injury and movement of the joint by applying a splint to the leg, letting it reach the bottom of the foot, then secure firmly with bandages, above and below the knee and across the instep and round the ankle, until the patient can be carried to a doctor.

Ants, Bites from. *See* **INSECT STINGS**.

Apoplexy

Loosen the patient's clothing at the throat, apply a cold wet cloth to the head, and leave where he is seized ; great harm has been done by moving an unconscious sufferer. Turn the head to one side to relieve breathing, and send at once for a doctor.

Apothecaries' Weights. *See* **WEIGHTS**.

Appendicitis

Sudden pain in the lower right-hand side of the abdomen, attended by feverishness and sickness, should have immediate attention, as these may be symptoms of appendicitis. Put the patient to bed and apply cold applications, not hot, to the painful part. Give no food or medicine. Send for a doctor.

Armpit, To take temperature from the. *See* **TEMPERATURE**.

Arsenic Poisoning. *See* POISONS.

Artificial Respiration. *See* Marshall Hall's method explained under DROWNING, or Laborde's method explained under ELECTRIC SHOCK. Useful for children, or when the body is injured.

Asthma

Sufferers should use fumigants in the room to enable them to breathe more freely. Change of air to a high dry location sometimes completes a cure. Fumigants should not be used, unless ordered, for asthma in children. An emetic and a dose of castor oil sometimes gives complete relief. The child's general health should be looked after.

Bandages. *See* list to keep in hand under CONTENTS OF MEDICINE CHEST, page 196. Lessons in bandaging can be obtained in every locality, and should be taken together with practical instruction in first aid and home nursing by every housewife.

Barley Water. *See* PEARL BARLEY for method of making.

Baths, Temperature for. *See* TEMPERATURE.

Beef Tea, or Beef Juice

The latter is preferable, as none of the valuable proteid elements are destroyed by cooking. To make, shave the lean beef, then cover with cold water and press or squeeze all the juice out. To make beef tea: Cut up the meat into small pieces, put into an earthenware jar or casserole, cover with cold water, and place on the hot stove, in the oven, or in a saucepan of water to simmer, but not boil, until the juice has been extracted, then strain.

Biliousness, or Bilious Headache

The sufferer should go to bed and remain in a darkened room until the attack has passed off, without taking food. A pinch of bicarbonate of soda taken in water will give relief. Aspirin tabloids, one every four hours, will also relieve the headache. Constipation should be avoided by those liable to attacks.

Bites. *See* DOG BITE, also INSECT STINGS.

Black Eye. *See* EYE.

Bleeding, To check

The various forms may be distinguished by :

Blood issuing from an artery is bright red, and flows in drops.

Blood issuing from veins is dark and issues slowly.

Blood flows in the arteries from the heart to the head, hands, and feet. In the veins it takes the reverse course.

To check arterial bleeding from a wound in the :

HEAD, apply a pad over the wound and bandage.

ARMPIT. Press thumb covered with lint or gauze on the wound, and let someone else press the main artery behind the middle of the collar bone.

FOREARM. *Upper portion,* apply a tourniquet to inside of arm pressing against the artery, or use the fingers. *Lower portion.* Put a pad in the bend of the elbow and bandage the arm against the upper portion. (*See* p. 204 for applying tourniquets).

HAND. Press artery at front of wrist, or bandage the closed hand, grasping a piece of wood.

KNEE-JOINT. Press above the wound with a tourniquet.

THIGH. A tourniquet on inside of thigh.

FOOT. *Instep.* Pressure on front of ankle. *Sole.* Pressure on back of ankle and middle of instep.

LEG—FRONT OR BACK. Place a pad behind the knee and double the leg and bandage, or press by the fingers against the main artery,

Blood from the veins may be checked by raising the injured limb, or elevating the body.

FLESH WOUNDS. Cleanse with antiseptic wash, draw cut edges together and bandage.

WOUND IN THE STOMACH OR CHEST. Place a pad of lint over the wound, and lay the patient on the wounded side, with the knees drawn up. No stimulants or drinks are to be given.

BRUISED VEINS, OR FLESH. Apply cold dressing after washing the part to cleanse.

FOR NOSE-BLEEDING, *see* under that heading.

INTERNAL BLEEDING. Keep the patient lying down, give no stimulants, but ice or very cold water (if able to swallow) until a doctor comes.

A *Tourniquet* may be made from a pad, such as a rolled bandage, or folded handkerchief. Place the pad over the pressure point for the particular artery or vein injured, then tie it in place with a bandage, or in an emergency a large pocket handkerchief, the knot coming over the pad. Under or through the knot insert a short stick and twist round until the tourniquet is tight enough to stop the bleeding. It is important to place the pad on a pressure point, otherwise arterial blood will pass along the limb, causing the veins to swell and become congested. If no pad is at hand, tie a knot in a handkerchief or bandage, and insert a smooth stone, cork, or anything similar in size to make it hard. If the wound is small, the pad may be applied to the wound itself, any foreign body embedded in the wound being first removed. If glass is embedded, or if there is any

danger of causing further injury, the wound should simply be covered with a dressing, and the bleeding stopped by pressure elsewhere.

Blisters, Water

Prick with a sterilized needle to let the water escape, then cover with antiseptic gauze.

Blood Poisoning

If caused by a sting, cut, prick with dirty pen, etc., may be suspected by the presence of swelling, inflammation and pain at the affected part, also a shivery feeling. No time should be lost in calling in a doctor to obtain the proper treatment.

Blood Spitting

If the gums, teeth, and throat are in a healthy state some other cause must be suspected and advice obtained.

Blushing, Cure for

Take healthy outdoor exercise—play golf, hockey, tennis, avoid stuffy or overcrowded places. Sponge the face with oatmeal water, then rinse in cold water to which a little eau-de-Cologne has been added, especially before going in for any excitement. The remedy rests entirely with the patient, who should strive to overcome self-consciousness.

Boils, To cure

Apply hot fomentations with boracic acid added. Take frequent doses of syrup of buckthorn. *See also* YEAST.

Bones, Broken

Directions for those qualified to render first aid. *See* FRACTURES if unskilled in first aid.

ARM, *fore*. Apply padded splints to back and front

from the hand to the elbow, after holding the arm out straight with the thumb upward; bandage twice round the arm, then over the splint, to prevent further movement. Have medical attention at once. *Upper.* Apply splints from shoulder to elbow, without pressing on the blood-vessels, and secure above and below the fracture; apply roller bandage to the hand and forearm and place in a sling.

BREAST BONE. Do not bandage; keep the patient quiet and sitting in an easy position until the doctor comes.

COLLAR BONE. Place a thick pad in the armpit, bend the arm in upward direction, across the chest, tie a bandage round elbow to the patient's side to prevent movement, after suspending forearm in a sling passed over the elbow round the back and fastened on the opposite shoulder.

FOOT. Put a splint along the sole and place the centre of bandage over the toes, cross under and over splint, then behind the ankle, cross in front, and tie under splint to keep the foot still.

HAND. Place the hand, palm down, over a padded splint and bandage first over the fingers, then cross the back and finish at the wrist.

JAW. Place hand below the lower jaw and press against the upper; apply bandage under the chin, carry one end over the top of the head, cross the two ends at the angle of the jaw, take the longest end round chin and tie two ends at the neck.

KNEE-CAP. Place a splint along the back of the leg, secure above the ankle and upper part of leg, then fold a bandage and place the centre above the knee, cross over the splint behind, and tie over the leg below the knee-cap; raise the leg by placing the end of splint on a box, or something steady.

LEG. Apply a padded splint on the inside and the outside while the patient is lying flat on his back, then secure firmly at both ends, above and below the broken bone.

PELVIS. If the patient is unable to stand, when no signs of broken bones are visible, injury to the pelvis may be the cause. Let him lie down in the most comfortable position, then apply a broad bandage round the hips to support the part, remove on a stretcher, after getting help, if inconvenient to let the patient remain until the doctor comes.

RIBS. Apply two broad bandages round the chest, the centre of one above and of the other below the fracture, tie at opposite side in front of body. A strong towel can be used and secured with safety-pins. Keep the arm on the injured side still by folding across the body at right angles ; place in a sling to support the arm comfortably.

If there should be internal injury, such as pierced lung, the patient may bring up blood and froth, or the bleeding may not appear. When internal injury is suspected bandages should not be applied round the chest ; merely place the arm in a sling and keep the patient lying down. Treat as for internal bleeding until the doctor comes. *See BLEEDING.*

SPINE. Keep the patient still and warm until the doctor arrives. Do not attempt to move or bandage. Water may be given if the patient is conscious.

THIGH. Apply a splint inside the leg, and a long one from heel to armpit, bandage round the body as well as the leg, securing both feet and legs together also, the feet should be secured first to prevent shortening. If the limbs cannot be straightened, merely give support and prevent loss of blood or movement.

Boracic Acid, Uses for

A valuable mild antiseptic for external or internal use is to be found in boracic acid powder, or boracic acid crystals, which more easily dissolve in water than the powder, when required to make a solution. Use one heaped tablespoonful of the crystals in 2 to 3 pints of water. For a soothing lotion for sore eyes use one part boracic acid to 40 parts water.

Borax is a sodium salt of boracic acid, and is used for cleansing the skin, for softening water, and as a disinfectant or deodorizer ; also for many household purposes.

Brain, Concussion of the

Put the patient at once to bed and keep quiet. Do not attempt to treat for unconsciousness. Send for a doctor at once.

Bronchitis

Give a grown person a hot bath, or mustard and water foot-bath, and put to bed at once. If very severe a mustard plaster should be applied to the chest for five or ten minutes. Use a steam kettle in the room, which should be ventilated without causing a draught. Seek medical advice for further treatment.

Bunions. *See* FEET.

Burns, Causes and treatment

Dry heat, electric current, acids, friction, scalds, etc., all give shock, and after treatment the patient should be kept quiet and warm and given a little sal volatile in water to sip, and hot tea or coffee.

Treatment. First remove any clothing near the part. If stuck, cut the clothing close to the burn, but do not attempt to remove until the clothing has been well soaked with oil. If there are blisters surrounding do not break these. Cut lint into small strips or pieces and soak in

oil, after sprinkling with boracic powder, then apply to the burnt parts. Never use one long piece, as the dressing is liable to stick and small pieces can be removed one at a time. Warm some cotton wool to make it thick, then cover the oiled material, or use clean white flannel, then bandage to secure in place. If dressings of the kind are not at hand, keep the air from the injured part, if feasible, by putting at once into a basin of warm water to which a dessertspoonful of ordinary baking soda has been added. Dry with lint, *not* wool, then apply the oil.

Vaseline, lanoline, or cold cream may be used when carron oil is not at hand, and if all these applications are unobtainable use the inside of a raw potato, scraped to a soft mash, to soothe the skin.

ACID burns should be bathed with warm water and baking soda, as above, or with slaked lime in water, before applying the oil.

ALKALI burns require lemon juice or vinegar and water; take care to remove any particle of the alkali visible before applying.

CLOTHING ON FIRE. If no one is at hand, lie on the floor, and roll a heavy blanket or hearth-rug round; on no account rush into the open air. Knock something over, hammer on the floor, or crawl to the door and shout for help.

To help a person on fire: Hold a rug or blanket in front of you as you approach, make the sufferer lie down, flames upward, if possible (*e.g.*, if front of dress is on fire, lay patient on back), and stifle the flames with the rug. Of course, if a rug is not at hand a coat, table cover, or similar article will serve. If possible the article should be wetted, but time will not often permit where one helper only is present. Where there is more than one a second article can be wetted while a first is being applied.

If badly burnt about the body, the patient should be laid in a natural position. If burnt on the back, lay on the side or stomach, if on the chest lay on the back. Remove all clothing (*see* TREATMENT) as soon as dressings are at hand; meanwhile keep the air away from the affected parts to minimize the pain.

Camphor, Rock

Place a piece of rock camphor in a jug of hot water and inhale the fumes for a severe cold in the head.

Carbolic Acid Poisoning. *See* POISONS.

Carbuncles

These should not be mistaken for boils, which are smaller and do not spread; a doctor's advice should at once be obtained for proper treatment.

Castor Oil, To take

Pour the dose—from one teaspoonful to two tablespoonfuls—according to the age of the patient, over a little peppermint water, and cover with a spoonful of brandy, or give lemon first, to disguise the taste of the oil. Some grown-ups find it easy to take oil with black coffee.

Chafing

Bathe the part with warm boracic water (one tablespoonful to a quart), then dab dry and dust with powdered talc, starch, or boracic powder.

Chalk, Carbonate of calcium

Use prepared chalk for cases of poisons with acids.
See POISONS.

Chaps. *See* HANDS.

Charcoal, Powdered

Used for some poultices when specially directed by the doctor. *See* POULTICES, To MAKE. Powdered charcoal kept in pantry, cupboard or larder will prevent unpleasant odours. It can also be used at the bottom of flower vases to keep the water sweet.

Chest, Injuries to. *See* BONES, BROKEN, or "Internal Bleeding," under BLEEDING.

Chest, Pains in the

The doctor's attention should be drawn to any severe pain, so as to ascertain the correct cause, which may be due to some minor ailment, or to a more serious one that requires immediate treatment.

Chilblains, To cure

When the redness and swelling appear, paint the skin with tincture of iodine, or tincture of myrrh. Camphor liniment is also soothing. If the skin be broken cover the part with lint spread thickly with boracic ointment and bandage loosely. Sufferers should wear warm clothing, improve the circulation and condition of the blood, and take regular outdoor exercise, avoiding extreme cold and heat. Iron and quinine tonic should also be taken.

Chill, Treatment for

A sudden attack of shivering attended by high temperature, headache or slight sickness should be treated as the warning symptoms of illness. A mild purgative and a hot drink should be taken on going to bed, with one or two aspirin tabloids. The bed should be warmed and extra clothing used to encourage perspiration. Care should be taken to avoid exposure to damp or cold for the next day or two.

Chloral Hydrate, Treatment for overdose of. *See POISONS.*

Chloroform Inhaled or Swallowed. *See POISONS.*

Choking, Treatment for

Portions of food swallowed carelessly are commonly the cause of choking. If the patient is conscious, place the head down, letting him support himself with his hands on the floor while sitting or kneeling on a chair, then try to cough the obstruction from the windpipe. A few sudden thumps between the shoulder blades will often help to dislodge the obstruction. If unsuccessful, open the mouth, and hold open with some hard object between the teeth; the forefinger must then be passed to the back of the throat to attempt to get the piece causing the obstruction away. This action causes vomiting as a rule, which greatly relieves the patient. A doctor should be sent for immediately.

A fish bone may often be removed by swallowing a piece of crust of bread or cold suet pudding or by taking an unbeaten egg; lemon juice will dissolve a bone quickly.

Cold in the Head

What is commonly called a cold and regarded as of no importance may really be a form of fever which is as highly infectious as diphtheria, and patients suffering from a cold in the head should have prompt treatment to prevent more serious complications setting in. The quickest cure is to keep in bed for at least two days. The patient should take a hot bath, or put his feet into a bath of mustard and water, and at once take a hot drink and go to bed. An aperient should be given and all solid food

avoided while the temperature is high. Nourishment in the form of milk, gruel, arrowroot and milk, or egg beaten up in milk should be given. While it is no use trying to prevent or remove the unpleasant stuffiness in the nostrils, or lessen the discharge from the nose, relief can often be obtained by holding the nose and mouth over a jug of hot water to which a teaspoonful of spirits of camphor or a piece of rock camphor has been added. Vaseline may also be smeared across the bridge of the nose. Rock camphor, or spirits of camphor sprinkled on the handkerchief, can be given to inhale, also eucalyptus ; the latter can also be taken a few drops at a time on sugar. Anyone suffering repeatedly with colds should be examined by a physician.

Colic, Treatment for

Severe griping pains in the stomach or over the abdomen, with either constipation or diarrhoea, are the usual symptoms of this complaint. Immediate relief for the pain can often be obtained by taking a dose of castor oil and a spoonful of tincture or syrup of rhubarb in warm water, applying warmth to the stomach, and lying on the side.

Colic in an infant may be regarded as a sure sign that the method of feeding is wrong. Place the child on its side and secure warmth by applying warm flannels to the stomach. Obtain medical advice.

Constipation, Treatment for

Excessive eating, and lack of regular exercise, and the neglect of drinking sufficient water between meals, are frequently causes of this complaint.

When general weakness of the abdominal muscles is suspected, persistent daily massage and regular exercise, increased gradually, will usually bring about the desired

improvement; then proper dieting, consisting of a moderate amount of meat, an abundance of green vegetables—cooked or raw—and fruit, taken preferably in the early part of the day, will prove helpful. Excessive tea drinking and undiluted milk are not good, and when necessary as a stimulant should be taken sparingly; coffee is more suitable for sufferers from constipation. In cases of chronic constipation frequent mild aperients, such as sodium sulphate, sulphate of magnesia, should be taken as an alternative and relief from other more powerful medicine. It is essential to persevere with any treatment.

Children affected in this way should be given plenty of cold water to drink between meals; wholemeal or brown bread and stewed fruit daily, and regular walking exercise. When aperients are absolutely necessary, liquid extract of cascara—a few drops—before going to bed. Manna dissolved in the milk may be given with safety to a bottle-fed infant. To commence with, a piece the size of an orange pip should be given. *See also TAMAR INDIEN.*

Convulsions, Treatment for

Infants and children while teething, or suffering from indigestion, etc., are liable to have convulsions. Grinding the teeth, sudden twitching of the muscles, and rolling of the eyes are general signs. When attacked, the child should be put into a fairly hot bath at once, testing the temperature of the water with your elbow first to make sure the water is not too hot. Wet the face and head with cold water. Dry the child quickly with warm towels and put him to bed. If the treatment does not succeed, obtain medical advice at once; it is necessary in any case to consult a doctor to avoid a repetition of such attacks.

Corks, To prevent the sticking of

Glycerine rubbed over the surface will keep corks from sticking in the necks of bottles containing fluids of a 'sticky' nature.

Corns, Treatment of

Attempting to remove hard corns with a knife often proves to be a risky procedure. The corn if deeply rooted should be treated with proper lotion, obtainable from any chemist. Salicylic acid is a most effective cure, also pure lemon juice or vinegar.

SOFT CORNS. Wash the feet twice daily, carefully dry between the toes, then dust with powdered talc after painting the corns with spirits of camphor. Ill-fitting stockings and shoes should be avoided.

Corrosive Sublimate (Bichloride of Mercury) Poisoning, Treatment for. See POISONS.**Cough, Treatment for a**

Always a symptom of some ailment which should be treated to cure the cough, such as bronchitis, laryngitis, whooping-cough, consumption. Honey and lemon juice, or vinegar, and glycerine and lemon, relieve a cough when lozenges or other mixtures are not at hand.

Cramp, To cure an attack of

Cover the hand with a coarse cloth or blanket and rub the affected part vigorously, pressing hard into the muscles, then massaging with the warm hand until relief comes. Stomach cramp is often a symptom of indigestion. *See COLIC.* Apply warmth to the abdomen and give hot milk to drink.

Croup, Immediate treatment for

The peculiar 'barking' cough is a characteristic symptom of croup, which generally attacks a child

suddenly at night, the breathing being laboured as in whooping-cough. Croup of the kind brought on by exposure to cold is non-contagious, but as diphtheritic croup is always to be suspected a doctor should be summoned at once. Meanwhile the patient should be given a hot bath, dried quickly in warm towels and wrapped in a blanket, and put to bed at once. A kettle should be kept boiling in the room to create steam and make the air moist to ease the breathing. General treatment will then be prescribed by the doctor; it is essential to waste no time in obtaining advice.

Cuts

To treat a clean straight cut, wash in cold water, or bathe in weak disinfectant, draw the edges of the wound together, and dry, then cover before the bleeding starts again with a thin coating of collodion, applied with a soft brush. If this is not at hand, after drawing cut-edges together, wrap in a piece of lint sprinkled with powdered boracic, and bandage, or secure the dressing with adhesive plaster. A dirty wound should first of all be cleansed in warm water to which boracic powder is added (not a disinfectant) in preference, then dressed with boracic lint, or boracic ointment on lint, covered with gauze and a bandage. Never seal the wound with collodion if there is any sign of dirt. A bread poultice is useful when a wound festers, or refuses to heal up. *See BLEEDING* for severe cuts and wounds.

Dandruff or Scurf, To remove

Beat up the white of an egg with a teaspoonful of rectified spirits of wine, and rub well into the scalp, then shampoo in warm water, to which a few drops of ammonia or a little borax has been added. One teaspoonful of

borax and one teaspoonful of milk of sulphur mixed with a cupful of warm water also removes dandruff. Sufferers from dandruff and greasy hair should not wash the hair more than once every three weeks; use borax in preference to soap to remove the grease.

Deadly Nightshade, Treatment for poisoning from. *See*
POISONS.

Deafness

If caused by a foreign body, such as a pea, button or other object put into the ear, do not attempt to dislodge the obstruction by piercing with a hard instrument, or by syringing. Take the patient at once to a doctor, as serious damage might be done to the drum of the ear. If caused by the formation of wax, drop some warm (not hot) olive oil into the ear, allowing it to soak in while the head is turned on one side, before putting wool into the ear. The wool must not be pushed in too far. The wax thus softened should not be extracted, after sufficient time has elapsed, by anything but warm boracic water, gently syringed into the ear, care being taken not to let the water reach the drum or inner part of the ear by direct force. Always put wool into the ear, after syringing, to prevent a chill. More serious cases of deafness must be specially prescribed for.

Deodorizers

All kinds of perfumes or disinfectants which may be used to hide unpleasant odours are known as deodorizers. Borax, though odourless itself, is regarded as a powerful deodorizer. Vinegar poured on to a shovel full of cinders makes a deodorizer, so also does coffee burnt in the same way.

Diarrhœa, Treatment for an attack of

If the patient is in good health and the attack is sudden, indigestion or unsuitable food may be suspected, or severe chill to the inside. No attempt should be made to check the diarrhœa until the food has been removed from the stomach. A dose of castor oil is the safest remedy. If there is no improvement after this medicine has taken effect, call in a doctor; meanwhile the sufferer should be kept warm in bed; hot bottles or flannels should be used to ease the pain. No solid food of any kind should be given. Diarrhœa, which may develop into dysentery, has so many causes that it should not be neglected; regard it as serious when infants or children are attacked. In ordinary cases due to cold, a teaspoonful of undiluted brandy may be given to grown-up patients when other remedies fail.

Diphtheria, Treatment of a suspected case of

This highly infectious and contagious disease of the throat requires *immediate* medical attention. The patient meanwhile should be isolated, all clothing, etc., including toys or crockery used by the affected person, being put away until they can be disinfected or sterilized. Put the patient to bed, give no solid food, and only milk, barley water, or lemon tea to drink. Milk of sulphur (a piled teaspoonful mixed to a paste and added to a cupful of cold water) is the safest and most effective gargle to use. Be careful not to take the patient's breath.

Dizziness, Giddiness, To cure an attack of

Take a pinch of carbonate of soda in a wineglassful of water and keep quiet, then a dose of Epsom salts. If there is sickness and continued dizziness, the cause

may be due to many other complaints more serious than the common one of disordered digestion or liver, and advice should be obtained from a doctor.

Dog Bite, Treatment for a

Prevent circulation of the blood by applying a tight ligature tied on the heart side of the bite. Encourage bleeding, then wash the wound at once in a solution of carbolic acid and water—one part acid to twenty parts water. Cover with a pad of lint soaked in the same solution and bandage. If a bad wound, or the animal is not in a healthy state, have the wound cauterized by a doctor. For gnat, or other insect bites, *see* INSECT STINGS.

Drowning

The general treatment of a patient apparently drowned after immersion in water for ten minutes, even if signs of life are absent, is first to give an abundance of fresh air, to loosen the clothing and clear the mouth of froth and water; then to restore breathing by artificial respiration:

“Turn the patient face downward, with a pad below the chest, and with the forehead upon the right forearm. Whilst in this position apply pressure by the hands to the patient's back, over the lower ribs, and keep the pressure up for three seconds. Turn the patient on the right side, maintaining that position also for three seconds. Repeat these movements alternately as long as froth and water issue from the mouth.” (Marshall Hall's method.) At the outset a doctor should be sent for, and warm dry blankets and clothing obtained from the nearest house.

Ear, Removal of foreign bodies in the

Live insects should be extracted by dropping warm oil into the ear, which will float the insect out. If this fails

the ear should be carefully syringed with warm water, so that the force of the water does not play directly on the inside, as serious damage can be done by rough treatment. *See also* DEAFNESS.

Earache, To cure

Apply heat in the form of hot flannels, or a pad of cotton wool. Neuralgia, decayed teeth, or cold are common causes. If heat does not give relief, do not put anything inside the ear or syringe until it has been examined by a doctor, to ascertain the real cause of the pain.

Eczema

Use boracic acid solution and dry the skin with pieces of old white linen which can be burnt after use. Have advice for severe cases.

Egg Flip, To make

This 'pick-me-up' is often recommended for convalescents, and is prepared by beating up the yolk of two new-laid eggs and adding a tablespoonful of sugar, four ounces of brandy, and four ounces of cinnamon water. The mixture should be well shaken together and taken as directed by the doctor, two tablespoonfuls being a dose.

Elastic Bandages or Stockings, To apply

A bandage should be applied from the foot to the knee, never the reverse way, and be just tight enough to give support to the veins of the leg without preventing the circulation of blood. Always apply a stocking or bandage *before* putting the foot to the ground, and wear a fine white cotton stocking next to the skin to prevent irritation. *See* VARICOSE VEINS.

Electric Shock, Immediate treatment for

Remove the patient from contact with the electricity, but before touching him stand on a 'non-conductor,' such as an indiarubber mat, dry bricks, dry wood or cloth, hay or straw, and cover the hands with—failing indiarubber—dry cloth, or layers of newspaper. If nothing is at hand of the kind, drag the patient away by means of a rope or a wooden stick (not an umbrella) and avoid touching the naked flesh of the patient, wet clothing or shoes, for fear of receiving a shock. Loosen clothing, place the body in a recumbent position and give as much air as possible. Rouse the patient by flicking the face and chest with a wet cloth and give artificial respiration, until a doctor arrives. The following, Laborde's method, is recommended:

"The patient is placed on his back or side; the mouth cleared" (false teeth removed, for instance) "the tongue is seized—using a handkerchief or something to prevent it slipping from the fingers—the lower jaw depressed" (in this instance covering the hand with a glove or cloth) "the tongue is then pulled out and held for two seconds in that position, then allowed to recede into the mouth. These movements should be repeated about fifteen times a minute."

When natural breathing is evident, regulate the respiration accordingly. Give no food or drink to the patient. Treat burns after restoration.

For shock by *lightning* use same treatment. The instructions for removal of patient do not apply.

Emetic, To make an

Ipecacuanha wine in doses of one teaspoonful may be given to a child to encourage sickness, but the action is not rapid enough for cases of poison. To empty the stomach at once the following are more suitable:

1. One teaspoonful of dry mustard, mixed to a paste and added to half a tumbler of cold water.
2. Half a pint of warm water in which a teaspoonful of salt has been dissolved.

These emetics must be freshly made to be effective. Both mustard and salt should, however, be ready at hand in the medicine chest for any emergency.

Vomiting can also be induced by tickling the back of the throat with a feather, and also by pressing the tongue with the finger.

Epsom Salts, To mix and take

Salts are not so effective if taken in too much water. One teaspoonful of salts dissolved in a wineglassful of water is the correct dose. Take preferably before breakfast.

Eye, Treatment for affections of the

BLACK EYE. Apply cold wet compresses, to check the blood. There is no treatment which will expedite the disappearance of the blood stain beneath the skin. If the eyeball itself be injured, consult a doctor.

INSECT OR OTHER FOREIGN BODY IN THE EYE. Prevent the patient rubbing the eye. If under the lower eyelid, pull down gently, twist a handkerchief to a point and wet, then endeavour to remove the object.

If under the upper eyelid, gently pull the lid forward and downward, press up the lower lid and let the upper lid pass back to its place; repeat several times to allow the under eyelashes to brush away the object. The reverse process is also suitable when the foreign body is under the lower lid. The patient should be directed to move the eyeball by looking at some object below his head.

After removing the object, wash the eye with a weak solution of boracic acid, to cleanse and relieve the

smarting sensation. If unsuccessful in dislodging the obstruction, proceed in this way:

Seat the patient in a chair before a window, stand behind and place his head against your chest. Take a clean wooden match, or pencil; place it above the eyelashes, and gently fold the lid over. From this position it is almost always possible to take away the object, with the aid of a twisted handkerchief, as above described. The finger nail, or any hard instrument must not be used.

IF METAL HAS BECOME EMBEDDED in the eyeball; drop a little olive or castor oil in the eye, after pulling down the lower lid. Close the eye, cover with a pad of cotton wool, and secure with a bandage round the head, directing the patient not to move the eye. Take the patient at once to a doctor.

QUICKLIME OR PLASTER IN THE EYE. Remove any pieces visible by the above method, then bathe the eye with lukewarm water and vinegar, and consult a doctor. *See also STY ON THE EYELID.*

Eyes, To refresh when tired. *See SODA FOR SIMPLE REMEDIES.*

Fainting, Treatment for

Loosen the clothing at the neck and waist and give the patient plenty of air. Sit him on a raised object and bend his head down below the level of his knees, to encourage the blood to flow to the brain; keep in that position for a second or two, then fan the patient's face, hold smelling salts near the nose, and if there are signs of the attack passing off, stimulate the action of the heart, *if the patient can swallow*, by giving sips of cold water, or a few drops of sal volatile in water. An ordinary attack of faintness can be cured, or avoided, by this means.

FAINING FROM SEVERE SHOCK OR ACCIDENT. Lay the patient on his back, with a pillow under the shoulder blades to lower the head. If in bed, raise the patient's feet and legs and lower the pillow. Give fresh air, but cover the body to prevent the temperature falling. Raise the arms and rub down to the armpit; fan the face and hold smelling salts near the nose.

In severe cases, send for medical aid; meanwhile apply artificial respiration if breathing cannot be discerned.

FAINING FROM WANT OF FOOD. Treat as for severe shock, and when revived give suitable food, sparingly at first.

FAINING should not be confused with *unconsciousness* from *Sunstroke*, or *Apoplexy*, in both of which the blood should be drawn from the brain, by raising the patient's head and shoulders, instead of lowering them. See **APOPLEXY** and **SUNSTROKE**.

Feet, Hands, etc., Cold. See **FROST-BITE**.

Feet, Remedy for tired, etc.

BLISTERS. Prick large blisters with a needle, after holding the point in a flame to sterilize it; wipe away the water, then cover with a piece of lint smeared with zinc or boracic ointment. Avoid the cause by keeping the feet and stockings clean, grease the parts liable to be blistered, and wear properly fitting shoes.

A **BUNION**, caused by pressure of the boot on the joint, may be relieved by the application of hot compresses. Rest the foot as much as possible and avoid further pressure on the part.

TIRED AND PAINFUL FEET. Soak night and morning in warm (not hot) water, to which borax, baking soda, sea salt or Epsom salts has been added. Dry thoroughly, then dust with talc powder, especially between the

toes. Rub occasionally with methylated spirits, and wear thick-soled boots. Soaping the foot of the stocking and dusting with boracic powder is helpful, when much walking has to be done.

Fish Bone in Throat, To remove. *See* CHOKING.

Fish Hook or Crochet Hook in the Flesh, To remove

Do not attempt to draw out ; prevent the child doing further injury by tying the hands, and seek medical aid at once.

Fits, Treatment for person suffering from. *See* FAINTING.

Persons subject to frequent fits of epilepsy should seek medical advice.

Flatulence, Cause and cure for

Sufferers should refrain from drinking while eating, and masticate food thoroughly before swallowing. Avoid starchy and sweet food and coarse vegetables, and have the teeth examined. A teaspoonful of tincture of ginger in a wineglassful of warm water will give relief. Soda-mint tablets are beneficial.

Fly in the Eye. *See* EYE.

Fomentations and Compresses, To make and apply

Fomentations are used for the same purposes as poultices, but are easier and less costly. They afford relief quickly in cases of sprains, internal pains, colic, etc. They may be made with water, or with antiseptic and soothing lotions.

The best way to avoid scalding the hands while making a hot fomentation is to place a piece of flannel (which retains the moisture and heat longer than other

materials) in the centre of a towel stretched across a basin, and to pour the hot water directly on to this until it is soaked. Fold the towel over and wring until nearly dry, then apply the fomentation as hot as the patient can bear it, cover with oiled silk to protect the clothing, and place a dry piece of flannel or wadding over. Change the fomentation frequently. *See* POULTICES, To KEEP HOT.

LAUDANUM FOMENTATION. (If ordered by the doctor.) Proceed as for ordinary fomentation, but before applying sprinkle a little laudanum over the flannel.

POPPY-HEAD FOMENTATION. Boil two or three heads of poppies (not the flowers) in a pint of water for half an hour; strain, boil the water up again, then pour over the flannel, and wring dry.

Foot Bath

When required to check a cold, use a deep basin or bath, half fill it with hot water, and add one ounce of mustard to two gallons of water. Cover the knees and legs with a blanket while the patient's feet are in the water. Dry quickly in warm towels.

Foreign Bodies. *See* EYE, NOSE, and EAR, respectively. For foreign bodies in the throat *see* CHOKING.

Formalin, Use for

Clothing or coloured articles used in infectious cases may be disinfected with this powerful disinfectant, without fear of the colour being affected.

Fractures, To treat

Broken bones without a wound in the skin, compound fractures, in which the bone pierces the skin, or 'green-

stick' fractures, when the bone may only be bent (such accidents occur to children, whose bones are less brittle than those of adults) should *not be treated* by anyone unskilled in rendering first aid. To prevent further injury the patient should not be moved, but should be kept warm by covering with a rug, until the surgeon comes. Of course, excessive bleeding should be stopped if possible. If relief can be given by supporting an injured limb, use a cushion, and help in other ways at the direction of the patient. A smelling bottle, or sip of sal volatile and water, may be given to prevent fainting. If fainting has occurred, lay the patient on his back and loosen the collar, letting the head be slightly lower than the body. Send someone for a stretcher, or have broom handles and an overcoat ready to improvise one when the doctor arrives. *See BONES*, for general rules for rendering first aid.

Freckles, Slight, Caused by the Sun, To remove

Buttermilk, lemon juice and boracic lotion are beneficial. If the skin is burnt and sore, apply carron oil, or lime water. Eau-de-Cologne, rose-water, and glycerine mixed together will help to bleach the skin. Ordinary freckles must not be interfered with.

Frost-bite, Treatment for

Restore sensation and circulation of the part by rubbing briskly with the hands covered in coarse flannel or woollen gloves; press and squeeze and rub. If the trouble is due to exposure in snow, rub the flesh with soft clean snow, as quickly as possible. *Do not* bring the patient indoors or near a fire. When circulation is restored, continue gentle massage and wrap the patient in a blanket, or keep in a room at a temperature of about 60 degrees. *See also CHILBLAINS.*

Gas, Escape of. *See* SUFFOCATION.

Giddiness. Treat as for dizziness. See under that heading.

Gout

The various forms of gout, due to many causes, cannot be treated at home. Medical advice should be obtained as soon as detected.

Gumboil, Treatment for a

Hold warm water, to which a few drops of carbolic acid have been added, in the mouth, but do not swallow. A spoonful of scalded bread put inside near the offending tooth helps to give relief. Heat *must not* be placed outside the face, for fear of drawing the pus from the gumboil or abscess there. The carbolic mouth-wash should be used when the gumboil has broken.

Gums, To cure sore or bleeding

Rinse the mouth frequently with borax water, or antiseptic mouth-wash, and put a piece of lint or cotton-wool over the part; then press down with the teeth.

Hæmorrhage, To stop. *See* under BLEEDING.

Hair, Treatment of the

The best shampoo to use for hair in a weak state is made by beating the yolk of two fresh eggs to a froth and adding a teaspoonful of dissolved borax. After wetting the scalp rub the mixture into the roots of the hair; this will form a lather; then rinse in warm water to which borax has been added. Thoroughly cleanse the head, washing again in water warmer than the first, then in almost cold water, to close the pores of the skin and

prevent a chill. Dry thoroughly. Do not brush or comb until the hair is quite free from moisture. A very good hair tonic should then be used while the scalp is free from scurf.

Soap should not be rubbed on the scalp, and the hair must not be washed too often or it will be robbed of its natural gloss and become brittle.

IF PREMATURE GREYNESS IS EVIDENT rub into the roots strong tea to which salt (in the proportion of a dessert-spoonful to a cupful of tea) has been added.

GREY HAIR. To preserve the silvery colour wash frequently, using a little ammonia in preference to soap jelly; rinse in clear water to which washing blue has been added.

DYES FOR HAIR should not be used unless applied regularly when required to hide greyiness.

SUPERFLUOUS HAIRS may be removed by the use of depilatories or by electrical treatment, the latter being expensive and sometimes painful. Such growths should be left alone unless very unsightly.

Hands, Care of the

Before commencing housework, rub the hands with pure vaseline, or cream, and scrape the nails along a bar of yellow soap to prevent the dirt filling the nails. Wash when the work is done in warm borax or bran water, dry thoroughly, using a little rose-water and milk or good cream in cold frosty weather.

CHAPPED HANDS. Avoid using soap, but cleanse the hands with bran water or borax water. Potato water also is good. Dry the skin thoroughly, afterward using talc. If subject to chronic chapped hands, take frequent doses of cooling mixture, and a tonic to improve the health.

Red hands usually indicate poor circulation. Tight

wristbands and gloves should be avoided. Warm milk to bathe the hands in is beneficial.

Hang-nails, To cure

After cutting with the scissors when the hang-nail is quite soft through washing, cover the part with boracic ointment and wear a finger stall until healed. Avoid the trouble by attending to the skin round the nails after washing.

Hay Fever

Sufferers should be examined by a surgeon for any defect within the nose ; such is often the cause of the occurrence of hay fever.

Headache, Cure for

BILIOUS HEADACHE. A pinch of carbonate of soda in a wineglassful of cold water ; the patient should rest on the bed, and in half an hour take a cup of hot tea.

NERVOUS HEADACHE. Aspirin tabloids (*not more than three in a day*) can be taken with safety. In severe cases the patient should rest, preferably in a darkened room, with a hot bottle to the feet. Those who object to drugs, even of this harmless nature, will find relief after taking a cup of tea, slightly sweetened if necessary, and lemon juice used in place of milk. Phenacetin and other similar drugs should not be taken unless recommended by a doctor.

Heartburn, To cure

A scalding sensation at the back of the throat is complained of in this trouble, the result of excessive acid in the stomach. A little bicarbonate of soda or carbonate of magnesia taken in a little hot water will give relief. Soda-mint tablets are also good. Advice should be obtained if attacks are frequent.

Housemaid's Knee

Raise the leg and rest it immediately. Hot fomentations give relief. Medical advice must be obtained.

Hysterical Fits

Occasional attacks need not alarm; the patient will recover gradually by herself. Unnecessary fussing and sympathy often result in the renewal of an attack.

Ice

To keep from melting, wrap in blanket or flannel. Ice can be cut with a strong darning needle.

Indigestion, To relieve

If continuous, try to ascertain the cause, which may chiefly be unsuitable food taken irregularly or when exhausted. Take salts frequently, drink very little with meals, and sip hot peppermint water. Bicarbonate of soda taken in water (a pinch in a wineglassful) will often give relief.

Influenza, Treatment for

This highly contagious disease needs careful nursing, for fear of complications. The patient should be put to bed in a warm room, given an aperient, and kept on slops until the temperature becomes normal and fever has disappeared. Gargling the throat with antiseptic water, and continuous inhalation of camphor or eucalyptus are recommended. One or two tabloids of aspirin will relieve the headache. Quinine will prevent an attack, if a teaspoonful be previously taken in water night and morning.

Inhalation

Inhalation is the process of drawing into the air-passages certain curative properties, either by the mouth or nose. A jug of boiling water, to which camphor (rock) or a teaspoonful of friar's balsam has been put can be inhaled by covering the head with a flannel and placing the mouth over the top of the jug. A mild attack of influenza can sometimes be cured in a day or two by this means.

Insect Stings, To treat

The patient should be induced to suck the wound while something to relieve the pain and counteract the poison is procured. The ordinary 'blue bag,' household soda, bicarbonate of soda, sal volatile, and liquid ammonia, also the juice of an onion, can be used for stings by ant, bee, gnat, mosquito or wasp; carbolic or ammonia for poisonous spider stings. In the summer, gnats, harvest bugs, mosquitoes, black-fly, etc., may be kept at a distance by rubbing the skin with oil of lavender, cloves, eucalyptus, or camphor. *See also MOSQUITOES in Household Section.*

INSECTS IN THE EAR OR EYE. *See under EAR and EYE.*

Insomnia, Remedy for

A hot bath, after a quiet stroll before going to bed, or a foot bath, and hot-water bottle in the bed to warm the feet (or the feet may be warmed by massaging), will give relief in some severe cases; while raising the head, and altering the position of the bed each night until the most restful position is arrived at, may obviate the necessity of using dangerous drugs. When insomnia has been prolonged advice should be obtained so that the cause may be ascertained.

Itching, To cure the sensation of skin

Bathe the part in a solution of carbolic, or rub with carbolic ointment, or sulphur and vaseline. If continuous, seek advice ; there may be some skin disease.

Jaundice, Treatment for mild attack of

Keep the patient warm and quiet, give an aperient, and have medical advice.

Knee, Swollen. *See* HOUSEMAID'S KNEE.**Laryngitis (Hoarseness and Cough ; Inflammation of the Throat)**

To treat a simple case, put the patient to bed in a warm but ventilated room, give an aperient and warm drinks, and apply hot fomentations to the neck. No solids, but nourishment in the form of beef tea, essence, and milk should be given. Warm sage tea with a little vinegar added makes a soothing gargle for the throat. A friar's balsam inhalation is soothing and curative. A doctor should be consulted for further treatment, or immediately for a severe case.

Laudanum, Treatment for overdose of. *See* POISONS.**Lightning Shock. *See* ELECTRIC SHOCK.****Lime in the Eye. *See* EYE.****Liver, Sluggish. *See* BILIOUSNESS.****Lungs, Inflammation of the. *See* PNEUMONIA.**

Massage

Although beneficial in many instances, it is not advisable for any unskilled person to practise this, though gentle rubbing for pains in the limbs can be applied without much harm being done.

Measles, Treatment for a case of

Although not dangerous in itself, serious complications occur if the patient is not properly nursed, especially in the case of a young child. The disease is contagious; the sufferer should be isolated at once and a doctor called in to treat the case.

Medicines, To give. Some 'Nevers' to remember.

NEVER *guess* quantities.

- „ give medicine in the dark; always read the label before and after pouring out the dose, to make sure no mistake has been made.
- „ pour out until the bottle has been shaken, not once, but many times, and keep the label side upward, to prevent the inscription getting rubbed or marked.
- „ give medicine just before a meal, or just after; do so half an hour before or after, unless specially directed otherwise. Cod liver oil must be given at least one hour after a meal.
- „ measure by 'drops' without first wetting the lip of the bottle.
- „ keep **POISONS** side by side or close to medicines to be taken internally.
- „ throw the head back, but *forward* when taking a pill, with or without water.

Morphine (Opium), Treatment for poisoning from. *See* POISONS.

Mosquitoes, Bites from. *See* INSECT STINGS.

Mouth, Care of the

To keep healthy, the teeth should be cleaned after every meal, or at least twice a day, and some antiseptic mouth-wash used in the water, especially after travelling. Potash pellets dissolved in the mouth will cure soreness or small ulcers. *See also GUMBOIL and TEETH.*

Mumps

This disease is contagious and often an epidemic, especially in the spring and autumn. Young children are chiefly affected. Feverishness, loss of vigour, pain and swelling of the glands below the lobes of the ears are evident. The patient should be kept in bed, given milk and other liquid diet. A doctor should be consulted at once.

Mushroom or Mussel Poisoning. *See POISONS.***Nails, Treatment for**

Nail biting can be cured by painting the tips with bitter aloes, or quinine. Young children should be closely watched and made to wear kid gloves until the habit is overcome.

Cut toe-nails straight, and keep finger-nails well filed to avoid cutting, slightly curved at the sides. Grease nails inclined to be brittle; use boracic ointment for any soreness round or under the nail. Manicure daily. *See also HANG-NAILS.*

Nettlerash (pinky weals or flat spots on the skin), To cure

Bathe the skin with bran water or elderflower water, to relieve the irritation. Seek advice for special treatment if the rash is very troublesome and lasting.

Nettle Sting can be relieved by rubbing freshly cut parsley over the skin.

Neuralgia, Treatment for

Any part of the body may be attacked. Change of air, good food, sufficient rest and sleep are needed to

cure sufferers who otherwise are in perfect health. The teeth should always be examined and any decay dealt with at once. Aspirin tabloids will give relief, but not more than *three* a day should be taken, unless directed by the doctor, whose advice must be obtained in severe attacks.

Nose, To remove foreign body in the

Peas, buttons, and other small articles pushed up a nostril should be removed by encouraging the child to sneeze while the other nostril is pressed. *A syringe* or any instrument must not be used to dislodge the obstruction. Sometimes a child will put something in both nostrils, in which case it is better to prevent him doing further injury with his hands, and take him at once to a doctor for attention.

Nose-bleeding, To stop

Direct the patient to sit erect with the head slightly thrown back. Slight bleeding should not be stopped immediately, as it is often a relief to the brain, and prevents a severe headache; but if the flow be persistent, hold the arms above the head, apply something very cold, such as a door-key, to the back of the neck and to the forehead. Forbid the patient to blow the nose or plug the nostrils unless it be absolutely necessary; in such severe cases a doctor should be called immediately.

The mouth should be open to prevent breathing through the nose. Clothing should be loosened at the neck.

Opium, Poisoning from. *See* POISONS.

Oxalic Acid, Poisoning from. *See* POISONS.

Painter's Colic. *See* POISONS, TREATMENT FOR LEAD.

Palpitation, A simple relief for

Add a little salt or a teaspoonful of sal volatile to a small wineglassful of water, and let the patient take a spoonful at a time, while reclining with the head and shoulders well raised. Give plenty of fresh air. Treat the usual cause, indigestion or anæmia.

Paregoric, Overdose of. *See* POISONS, OPIUM.

Pearl Barley, To make barley water from

Use one ounce of pearl barley to a quart of water. First wash well, then boil for five minutes with just enough water to cover the barley. Drain off this water, then add a quart of boiling water, and simmer gently until it is reduced to about half the quantity, and the barley is quite soft. Strain off the water into a jug to cool, dissolve a little barley sugar to sweeten, and add lemon to flavour. This makes a most refreshing and cooling drink. The cooked barley, sweetened and flavoured with lemon, is edible.

Peppermint, Uses for

A few drops of oil of peppermint on sugar will relieve flatulence. Peppermint lozenges (full strength) are useful to suck when suffering from indigestion and pains in the stomach.

Permanganate of Potash

An antiseptic and deodorizer, removing offensive odours by oxidization in the same way as borax. It can be kept in the medicine chest in fluid form. Only a few drops—to colour the water pink—should be used when preparing a gargle for a sore throat, or for bathing purposes.

Phosphorus, Poisoning from

Rat poison and lucifer matches contain phosphorus.
See POISONS.

Plasters

Court plaster, sticking plaster, or adhesive tape should not be applied to an open wound, but if required to bring the edges of a cut together should be placed over a layer of gauze or lint. To secure a dressing they are most useful. A mustard plaster or leaf used as a counter-irritant, or in place of a poultice, should not be left on too long, or used for unconscious people or children. *See POULTICES and FOMENTATIONS* when requiring to apply heat.

Pleurisy

It is important to have medical treatment at once.

Pneumonia

Isolate a suspected patient in a warm, ventilated bedroom and send for a doctor. Infection through nursing or contact must be provided against.

POISONING : GENERAL EMERGENCY INSTRUCTIONS

In all cases send *immediately* for a doctor, stating what has occurred and if possible *naming the poison*. Keep everything found near the patient—such as a bottle, powder, food—for the doctor's inspection; anything vomited by the patient must also be shown.

While waiting for the doctor's arrival no time should be lost in proceeding according to the following directions :

When Emetics are NOT to be given

General Rules.—If the lips and mouth are burnt or stained, as is seen in cases of alkali or acid poisoning, *do not* give an emetic.

If the poison is known to be one of the following acids : salts of lemon ; salts of sorrel ; carbolic (phenol) ; spirits of salt (hydrochloric or muriatic acid) ; oxalic acid (as contained in oxalate of potash) ; sulphuric acid (oil of vitriol) ; nitric acid (aqua fortis)—give the patient an alkali, such as lime-water, chalk or whiting and water, or magnesia, to wash out the mouth, then allow him to sip a little of it.

If the poison is known to be an alkali, such as ammonia, caustic soda, caustic potash, give the patient an acid. First get him to wash out the mouth with lemon juice or vinegar and water (equal quantities of both), then let him sip the preparation. Afterward treat as directed under specified poisons.

When an Emetic MUST be given

For poisoning from chemicals, etc., that DO NOT stain or burn the mouth.—Give one of the following emetics, or make the patient vomit by the means suggested :

MUSTARD EMETIC.—Mix one dessertspoonful of mustard to a paste with cold water, then add to a glassful of warm water.

SALT EMETIC.—Dissolve a tablespoonful of salt in a glass of warm water.

If the patient be a young child, give a teaspoonful of ipecacuanha wine every twenty minutes until sickness is brought on ; or try tickling the back of the throat with the finger or with a feather, after giving the first dose, to induce the child to vomit.

For poisons that induce sleep

When a patient threatens to go to sleep after taking opium, syrup of poppies, laudanum, paregoric, or an over-dose of any of the various soothing syrups or cordials, *keep him awake* by walking him about, if possible in the open air, or by slapping his face, neck, and chest with a wet towel. Give strong black coffee to drink. Treat for the special poison, if known.

For poisons that cause the throat to swell

If the throat is so swollen as to cause obstruction to the air passages, apply immediately hot fomentations or flannels (dry-heated) to the front of the neck, and give cold drinks of tea, coffee, barley water, or water.

A safe neutralizer for extremely urgent cases

Strong tea may be used as a safe neutralizer and at the same time a stimulant for many cases of poisoning.

Soothing and stimulating drinks for patients able to swallow.**If insensible, drinks must not be given**

If the patient is not insensible and is able to drink liquid, give before or after the emetic milk, raw egg beaten up in water, flour and water, or tea, or coffee (black).

The following oils also are soothing: salad oil, olive oil, or cod liver oil, especially in cases of poisoning by alkalis, acids, corrosive sublimate, tartar emetic (a poison known as antimony), and arsenic, which cause a metallic taste in the mouth and a burning sensation in the throat, but oil *must not* be given in cases of phosphorus poisoning (phosphorus is contained in lucifer matches and certain rat poisons).

When artificial respiration is required

If breathing cannot be discerned, always apply artificial respiration. Practise Marshall Hall's method—as explained under treatment of DROWNING, or Laborde's method, as explained under ELECTRIC SHOCK. Allow plenty of fresh air to circulate about the patient.

Treatment for shock or collapse. Correct stimulant to give to revive a patient

Some poisons cause severe shock, and often the patient collapses and becomes very weak, when the temperature falls below normal, and the skin has a bluish tinge. It is of the utmost importance then to use every means to prevent the temperature sinking to a point which would make life extinct. A patient suffering from the effects of poisoning should therefore be kept as warm as possible with blankets and with hot bottles applied to the feet and stomach, and circulation should be promoted by rubbing the feet and hands briskly with the hands covered with a coarse flannel or towel. Sal volatile is the safest stimulant to give in all cases of shock. See SAL VOLATILE.

Note: Read the foregoing EMERGENCY INSTRUCTIONS.

Aconite (Monk's Hood)

Give mustard emetic, and keep the patient warm and lying down until the doctor's arrival. Frequent sips of sal volatile and water may be given to stimulate the action of the heart.

Alcohol (Methylated spirit, whisky, brandy, etc.)

Give mustard emetic. Treat as for collapse to prevent loss of temperature. After the patient has vomited, he may be given sips of strong tea or coffee (if able to swal-

low) ; apply artificial respiration if necessary before the doctor comes.

This must not be mistaken for *intoxication*. An inebriated person is usually able to vomit freely ; place him in a recumbent position, loosen his collar and waist-belt and leave him to recover. If seriously intoxicated and his hands and face feel cold, cover his body and apply warmth.

It must not be assumed that a patient has become insensible as the result of taking strong drink because a smell of alcohol is noticed ; insensibility may have resulted from the cause that induced the person to take the alcohol.

Almonds, Oil of Bitter. Same treatment as for *Prussic Acid*.

Alum

Give an emetic, and, after the patient has vomited, a dose of castor oil, and stimulating drinks.

Ammonia (Spirits of Hartshorn)

NO emetic, but wash out the mouth of the patient with vinegar or lemon juice and water, and let him sip the preparation. See EMERGENCY INSTRUCTIONS for drinks to give.

Antimony (a poison known as tartar emetic)

Usually the patient vomits from the poison ; then from half to a pint of tepid water may be given to assist in cleansing the stomach. If unable to vomit, give mustard or salt emetic, and repeat the dose if tepid water does not assist the action of the emetic. Treat as for shock. Give a stimulant of strong black coffee.

Antipyrin

Give mustard emetic and repeat the dose, or endeavour to make the patient vomit. Keep him lying down, and treat for shock until the doctor arrives.

Arsenic

Give mustard emetic. Keep patient warm, and after he has vomited give a soothing and stimulating drink. *See* EMERGENCY INSTRUCTIONS.

Atropine (Belladonna or Deadly Nightshade)

Give salt or mustard emetic, and treat as described in EMERGENCY INSTRUCTIONS for patients attempting to go to sleep.

Belladonna. *See Atropine.*

Benzine

If swallowed.—Give an emetic; afterward revive the patient by holding smelling salts to his nose, and give a sip of sal volatile and water (if able to swallow). Apply artificial respiration if necessary until the doctor arrives.

If overcome by the vapour from benzine.—Remove the patient to the open air, or before an open window; fan him and revive as suggested above.

Benzol. Treat as for *Benzine*.

Blue Vitriol. Treat as for *Copper Salts*.

Bryony

Give an emetic; afterward a stimulant, and treat as for shock. Hot drinks may be given.

Caffeine

Give mustard emetic ; treat as for shock, but do not give hot tea or coffee.

Camphor

Give an emetic, sprinkle liquid ammonia on a handkerchief or on cotton wool and let the patient inhale the fumes. Treat as for shock, but do not give stimulants or drinks until the doctor arrives.

Cantharides (Spanish Fly)

Give an emetic, and after the patient vomits give soothing drinks. *See* EMERGENCY INSTRUCTIONS.

Carbolic Acid

The mouth and lips of the patient are usually stained white. NO emetic, but let the patient drink lime-water or chalk and water, or milk to which half an ounce of Epsom salts has been added, followed by another cupful of milk.

Carbonic Acid Inhaled. Treat as for *Coal Gas*.

Caustic Potash. Treat as for *Ammonia*.

Caustic Soda. Treat as for *Ammonia*.

Chloral Hydrate

Give an emetic of mustard if patient is able to swallow. Keep him awake by walking him about, if necessary supporting him by the help of another person. *See* EMERGENCY INSTRUCTIONS for treatment.

Chlorodyne

Give an emetic and keep the patient awake. *See* OPIUM and EMERGENCY INSTRUCTIONS for such poisons.

Chloroform

Inhaled.—Loosen the patient's clothing, give him fresh air, and keep him awake until the doctor arrives.

If swallowed.—Give an emetic at once, treat as for shock, and keep patient awake until the doctor arrives. Hot coffee may be given.

Coal Gas, Inhaled

Remove the patient to the open air, loosen the clothing about the chest and waist and revive with smelling salts held to the patient's nose. Apply artificial respiration if necessary. To extricate a person from a room full of gas, *see* SUFFOCATION.

Cocaine

Give an emetic. Treat as for shock, and give a stimulant of sal volatile, also a drink of hot coffee, which acts as a neutralizer and assists in keeping up the temperature of the body.

Copper Salts

The patient often vomits without an emetic; if so, he may be given frequent drinks of tepid water until vomiting has ceased. If not, an emetic must be given. Treat as for shock, and give white of egg, or milk, or both, to drink.

Corrosive Sublimate

Give an emetic. Treat as for shock. *See* EMERGENCY INSTRUCTIONS for drinks to give.

Creosote. Treat as for *Carbolic Acid*.

Cyanide of Potassium

Give an emetic immediately. Revive the patient with smelling salts, fresh air, or artificial respiration. If patient can swallow, give hot coffee or other stimulant.

Deadly Nightshade. See *Atropine*.

Digitalis (Foxglove)

Give an emetic. Keep the patient lying down and warm; after he has vomited give stimulants, and revive him by giving sips of sal volatile and water.

Ether. Treat as for *Chloroform*.

Fly Papers. Treat as for *Arsenic*.

Food, Poisoning from

Symptoms: vomiting, headache, pain in stomach, or diarrhœa and great weakness. Give an emetic, and after the patient has vomited, a dose of castor oil. See *Ptomaine*.

Formalin

NO emetic, but a preparation of ten drops of solution of ammonia in half a pint of water may be used to wash out the patient's mouth; afterward give a teaspoonful or so to drink.

Foxglove. See *Digitalis*.

Fungi. Treat as for *Ptomaine*.

Henbane. Treat as for *Atropine*.

Hydrochloric Acid (Muriatic Acid, Spirits of Salts)

NO emetic, but give chalk and water, or lime-water, to drink after previously washing out the patient's mouth with the preparation. *See* EMERGENCY INSTRUCTIONS for drinks to be given afterward.

Hydrocyanic Acid. Treat as for *Prussic Acid*.

Iodine

Give an emetic, and, after vomiting has commenced, tepid water to drink, followed by a soothing drink of milk, or white of egg. Treat as for shock.

Laburnum. Treat as for *Ptomaine*.

Laudanum (Tincture of Opium). *See* *Opium*.

Lead, Treatment for

Painter's colic, caused by white lead or sugar of lead. Give an emetic. After the patient vomits he may be given milk or gruel to drink.

Lime

NO emetic, but wash the patient's mouth out with weak vinegar and water, and give some to drink; or plain soda-water may be given. Afterward oil or milk may be given to soothe the inside. *See* EMERGENCY INSTRUCTIONS for kinds of oil suitable.

Lunar Caustic. *See* *Nitrate of Silver*.

Mercury. Treat as for *Corrosive Sublimate*.

Morphia. *See Opium.*

Muriatic Acid. *See Hydrochloric Acid.*

Mushroom (Fungi). Treat as for *Ptomaine*.

Mussels. Treat as for *Ptomaine*.

Nicotine

Give an emetic. Treat patient for shock, and revive with a spoonful or two of sal volatile and water.

Nitrate of Silver (Lunar Caustic)

Give an emetic, and tepid water to drink after vomiting; then white of egg and a drink of milk afterward.

Nitre (Saltpetre)

Give an emetic. After the patient has vomited, milk or any other soothing drink may be given. Treat as for shock and revive the patient with a teaspoonful of sal volatile and water.

Nitric Acid (Aqua fortis)

NO emetic, but give magnesia and water or chalk and water to drink. *See* EMERGENCY INSTRUCTIONS for other suitable drinks.

Nitro-glycerine

Place the patient on his back and apply cloths dipped in cold vinegar and water to his head. Nothing further can be done until the doctor arrives.

Nux Vomica. Treat as for *Strychnine*.

Opium, and its various preparations : **Laudanum, Chlorodyne, Morphia, Paregoric**, and soothing mixtures.

Give an emetic at once, and make the patient vomit as soon as possible. Keep him awake. Treat as for shock. See **EMERGENCY INSTRUCTIONS**. Give hot coffee to drink.

Oxalic Acid. Treat as for *Hydrochloric Acid*.

Paraffin

Give an emetic. Treat as for shock, and give soothing drinks.

Phenacetin (Headache powders or tablets)

Give an emetic, and, after the patient has vomited, a dose of castor oil. Keep the patient warm, revive with a dose of sal volatile and water, and give tea to drink.

Phenol. Treat as for *Carbolic Acid*.

Phosphorus

Give an emetic, and after the patient has vomited give a good dose of magnesia. Do not give *oil*, but any of the soothing drinks made with milk mentioned in **EMERGENCY INSTRUCTIONS**.

Potash, Caustic. Treat as for *Ammonia*.

Potassium Permanganate

Although not taken in food the treatment is the same as for *Ptomaine poisoning*.

Prussic Acid (Hydrocyanic Acid)

A most virulent poison, action extremely rapid, giving the patient's breath the odour of bitter almonds. Give a strong emetic at once and send for a doctor. Apply artificial respiration meanwhile.

Ptomaine or Food Poisoning

From unwholesome meat, fish, or fungi. Give an emetic, and after the patient has vomited give tepid water; afterward a large dose of castor oil. Treat as for shock.

Rat Poison. Treat as for *Phosphorus*, or *Arsenic*.

Salts of Sorrel. Treat as for *Nitric Acid*.

Soda, Caustic. Treat as for *Ammonia*.

Soothing Syrup. Treat as for *Opium*.

Spirits of Hartshorn. See *Ammonia*.

Strychnine

Give an emetic *but not* if convulsions are evident. Keep the patient in a darkened room; procure help instantly. Apply artificial respiration if absolutely necessary.

Sulphuric Acid. Treat as for *Hydrochloric Acid*.

Tartar Emetic. See *Antimony*.

Tartaric Acid

NO emetic. Wash out the patient's mouth with lime-water, or chalk and water, and give some to drink. Treat as for shock, and revive the patient with sal volatile and water.

Turpentine

Give an emetic. After the patient has vomited give a dose of castor oil, and hot drinks.

Verdigris (Copper)

Give an emetic. Apply warmth to patient's stomach and give white of egg beaten in water to drink. See EMERGENCY INSTRUCTIONS for other suitable drinks.

Veronal

Give an emetic, and when the patient has vomited, if able to swallow, give a dose of castor oil and a drink of hot black coffee.

Vitriol, Blue. Treat as for *Copper Salts*.

Vitriol, White. Treat as for *Zinc*.

Zinc

NO emetic, but make a very weak solution with water and a grain or two of ordinary washing soda ; wash the patient's mouth out with this, and let him drink some. Afterward white of egg and milk may be given. Treat as for shock and give a teaspoonful of sal volatile to revive the patient until the doctor arrives.

NOTE.—Treatment for any case of Poisoning should be *immediate*. The GENERAL EMERGENCY INSTRUCTIONS must be carefully read to understand *when* or *when not* to give an emetic, while waiting for medical advice.

A doctor should be summoned instantly, and the name of the poison given, if known.

Potash Pellets

For a sore throat, ulcers on the tongue, gums, or in mouth. To make an antiseptic mouth-wash use permanganate of potash, sufficient to make the water turn a pale pink colour.

Poultices, How to make and apply

Poultices, like fomentations, are used to apply moist heat, and are used for various purposes, the best ingredients being crushed linseed (not linseed meal), bran, or

bread. Mustard and antiseptics are often combined with linseed, the former used in the proportion of one teaspoonful to ten of linseed. Yeast, charcoal, etc., should be used only when specially directed.

Linseed or Bran Poultice. Heat the basin, and pour half a pint of boiling water into it, then add from three to four ounces of crushed linseed or bran, a spoonful at a time, stir quickly to prevent lumps forming, and when quite smooth and thin enough, spread with a spoon on half of a piece of soft muslin, or old linen, as rapidly as possible, cover with the other half of the muslin, then place a piece of warmed flannel or cotton wool on top, with the edges folded round the poultice, and apply the under side gradually, but quickly enough to prevent loss of heat, or exposure of the patient. Oiled silk placed over the poultice under the flannel prevents loss of moisture and heat. *Never apply the linseed direct to the skin.*

Mustard Poultice. Use one teaspoonful of mustard to five of linseed, unless otherwise directed. First make a linseed poultice as instructed above, then add the mustard, previously mixed to a paste with cold water, and stir quickly into the linseed. Cover and apply as directed above. The boiling water will destroy the 'biting' properties of the mustard, if it is not first mixed to a paste.

A poultice should not be made too dry, or it will harden and make the patient uncomfortable; at the same time, it must not be so thin as to wet the patient's clothes, or be less than a quarter of an inch in thickness. It should remain on the patient from two to three hours.

Bread Poultice. Put bread (not crust) into a hot basin, then pour boiling water over to cover. Place a plate on top until the bread is swollen. Drain off the water and spread the poultice on a piece of old linen. Apply

uncovered, or covered, according to requirements. If intended to cleanse a wound, or 'draw,' use uncovered; for inward inflammation, cover, but linseed is better for the latter purpose.

For fomentations and compresses *see* FOMENTATIONS AND COMPRESSES.

Poultices, To keep hot

A poultice may be reheated, or kept hot while another is on the patient, by placing it in a strainer, over boiling water, so that the steam heats the linseed thoroughly without making it too wet. Care must be taken, when applying a poultice heated in this way, to avoid scalding the patient. A fresh layer of dry muslin should be used to prevent this.

When a quick change of poultices is necessary this method will avoid waste of material and labour.

Pulse, To feel

Place the tips of the first and third fingers on the front of the wrist, by the side of the tendon that runs down to the hand, pressing gently until the beating can be felt and counted. Great experience is necessary to draw correct inferences from the pulse, which beats more rapidly in women than in men, and in young children than in adults.

Quicklime (unslaked lime), For burns from

Brush off any lime present, and bathe the burn with lemon juice, or vinegar and water (equal parts). For quicklime in the eye, *see* EYE.

Quinine

Ammoniated tincture of quinine taken at the beginning of a cold will cure it. (One teaspoonful in a wine-glassful of water every three hours.)

Quinsy

Give medicine to move the bowels thoroughly. Apply hot vinegar and water compresses to the outside of the throat, gargle with boracic solution. Give plenty of nourishment in liquid form. Barley water makes a cooling and soothing drink. A doctor should be consulted for further treatment.

Rash, Treatment of a. See NETTLERASH.

As a possible outward sign of skin disease, or symptom of other disease, any rash should be attended to, and until the cause is arrived at the sufferer should be most particular to keep all towels, sponges, etc., used by him away from other members of the household ; they should be disinfected before being sent to a laundry, private or public.

Relapse

Relapse is the term used for the return of a disease after apparent recovery, partial or otherwise. The utmost care should be taken to avoid a relapse by careful nursing while the patient is convalescent.

Rennet

Used for curdling milk, one teaspoonful of essence of rennet to half a pint of warm milk. When set, the curd should be broken up.

Retching

When a patient persistently attempts to vomit, and is unsuccessful in bringing up anything from the stomach, let him recline on a bed and apply cold applications to the forehead ; give very cold water to sip, or spoonfuls of soda-water or any other aerated water. If the retching continues send for a doctor, as it may be

the symptom of a serious disorder. Never give an emetic or an aperient to patients suffering in this way without first obtaining advice. *See* SICKNESS.

Ringworm, Treatment for

The disease is highly contagious and is quickly spread in a school or in a home where others are likely to touch the clothing, playthings, etc., of the affected person. When first detected, touching the spot with ordinary writing-ink will sometimes kill the parasite. The spot should be covered, and special ointment or lotion applied as prescribed by a doctor.

Sal Prunella

A very safe and effective remedy for ordinary sore throats, to be obtained in the form of balls which should be sucked in the mouth, the saliva being swallowed.

Sal Volatile, Spirits of

A stimulant to excite the action of the heart, as in cases of fainting, shock, or collapse. When the patient is able to swallow give a small teaspoonful of sal volatile in a wineglassful of water, and let the patient take the dose in spoonfuls at a time. For a cold, or in cases of influenza, sal volatile and camphor (a few drops of each) may be taken on sugar. As a stimulant in severe cases of indigestion a dose of sal volatile should be taken before meals.

Scarlet Fever or Scarlatina

Infectious diseases; a doctor should be called in immediately.

Sea-bathing

Children should not be forced to bathe in the sea; the sudden coldness and action of the salt on the skin is beneficial to some, harmful to others. If a chilled feeling

follows immersion, if the fingers and toes are cold for some hours after, and headache is experienced, bathing should be discontinued. Never bathe immediately after a meal; just before noon is the best time during the summer months.

Shell-fish Poisoning. *See* POISONS, PTOMAINÉ.

Shivering Fit, or Rigor

A prolonged fit of shivering is to be regarded with suspicion, as it is generally one of the symptoms of an attack of influenza, pneumonia, or fever. The patient is unable to keep warm, he complains of thirst, and usually his temperature is high. Put him to bed at once, with a hot-water bottle and extra blankets, and send for a doctor.

Shock Resulting from General Causes, Treatment for

The patient's clothing should be loosened at the neck and waist; he should be laid on his back where he can obtain fresh air, and the temperature of his body should be maintained by covering him with a blanket and by using hot bottles. If able to swallow, half a teaspoonful of sal volatile in a wineglassful of cold water can be given in spoonfuls. A doctor should be summoned without delay.

Sickness, Cause and treatment for

When vomiting is due to the presence of irritating food in the stomach it should be encouraged, as the patient is relieved by it; but if sickness continues, some other more serious cause must be suspected, and the patient made to lie down and given iced water, or magnesia or bicarbonate of soda in water to sip. A doctor should be consulted at once. *See* RETCHING.

Sleeplessness. *See* INSOMNIA.

Smothering, Treatment for

Remove the cause as quickly as possible. Give the patient plenty of fresh air and apply artificial respiration.

Soda for Simple Remedies

1. One-half teaspoonful of baking soda dissolved in a glassful of blood-warm water is a soothing *eye lotion* and cleanser whose efficacy is vouched for by a physician of high standing. (*See also EYE, TREATMENT OF.*) 2. One-fourth teaspoonful of baking soda dissolved in quarter cupful of hot water is an excellent gargle for *sore throat*. Repeat every twenty minutes until the soreness begins to be relieved, and once an hour thereafter. Use the solution as hot as can be comfortably borne, mixing fresh each time. 3. A pinch of soda in half a glass of hot water relieves *heartburn*.

Sore Throat

To cure an ordinary sore throat caused by dust, or slight chill, any of the following may be dissolved in the mouth : sal prunella balls ; chlorate of potash pellets ; tannin and glycerine lozenges. A gargle of salt and water, or cold tea made with sage leaves, will give relief. For other throat affections, *see* QUINSY ; TONSILLITIS ; TONSILS, ENLARGED ; LARYNGITIS, for special treatment.

Sores, To heal without ointment

Bathe the sore with tepid boracic water. Apply pure melted suet on gauze or lint.

Splinters, To extract

If thorns, or pieces of wood, etc., penetrate the skin, they should be removed as soon as possible to prevent inflammation setting up. A sterilized needle inserted close to the splinter, if it can be seen, slightly enlarges the

hole, so that the obstruction can be pressed out. If soreness results, apply hot boracic fomentations. Deep-set splinters should be extracted by a surgeon. Often the splinter can be drawn nearer the surface of the skin by holding and pressing the part over the mouth of a bottle filled with boiling water.

Sprained Ankle, Treatment for

When the accident happens out of doors do not remove the boot, but bandage tightly over it, beginning at the instep; after binding there, cross to the back of the ankle and secure, then wet to tighten.

On reaching home, remove the bandage and the boot and stocking, cutting these open at the back if necessary. Plunge the foot in cold or hot water, or place on a cushion on a level with the knee, and apply cold water dressings to the joint, then hot if the pain is not relieved. Apply embrocation and bandage. Avoid moving the limb until it can be properly bandaged by a doctor.

Stiff Neck

Rub gently with liniment or embrocation slightly warmed, then wrap the neck in a flannel.

Stings. *See* INSECT STINGS, also NETTLERASH.

Sty on the Eyelid

Eye-strain and lowered state of general health are common causes for the appearance of a sty on the edge of the lid. Bathe with hot boracic solution, using a piece of cotton wool for the purpose, and when 'coming to a head' encourage it to burst by extracting the hair in the centre of the sty or by drawing a gold ring across. Change of air and an iron tonic will improve the state of the blood. *See* also EYE.

Suffocation

Before entering a room full of smoke to rescue a person suffocating, tie a wet towel round the head to cover the nose and mouth, and crawl on the floor, where the smoke is less thick. Bring the patient out to fresh air, apply artificial respiration, and obtain help if possible.

In the case of a serious escape of gas, proceed as directed above; never attempt to look for the escape with a light of any kind. If a person is overcome by the fumes from coal-gas, or by inhaling gas, *see* POISONS, COAL-GAS.

Sulphur, Milk of

A fine yellow powder most valuable for destroying ulcers in the mouth; mixed with cold water it forms a gargle for ulcerated throats.

Sunstroke

Through exposure to great heat from fire, or the sun. Remove the affected person to a shady or cool place, loosen his clothing, and strip him to the waist. Raise his head and shoulders, apply cold water to his head, neck and spine, and get someone to fan him. Keep the head raised although the patient may have fainted and become unconscious. Hold smelling salts near his nose, and give water to drink after recovering.

Superfluous Hair. *See* HAIR.

Sweating, Excessive

Of feet, hands, armpits. A symptom peculiar to various diseases, but also occurs in healthy persons who are run down. Too much drink should be avoided, especially alcohol. Sponge with weak vinegar and water, or warm water and formalin. For cold sweating following a chill, take a warm bath and use a little eau-de-Cologne to dab on the parts affected.

Syncope. *See* FAINTING.

Syringes

Before using any kind of syringe always cleanse and sterilize it by boiling the nozzle and the indiarubber bulb in water for a few minutes.

Syringes for the ear or nose should only be used by a doctor's instructions; they should be entirely made of indiarubber to prevent any harm being done to these organs.

When using a syringe of any kind, first fill, then empty and fill again, and let the water flow gently into the part to be cleansed; force or rough treatment may cause serious trouble.

Tamar Indien

A purgative medicine composed of senna, covered with a layer of chocolate; is most useful and effective for young children.

Tannin and Glycerine

Half a teaspoonful of tannin and glycerine in a cupful of warm or cold water makes an excellent gargle for swollen tonsils. It can also be used undiluted to paint the tonsils and shrink them. *See* TONSILS, ENLARGED.

Tartar on Teeth. *See* TEETH.

Teeth, Care of

Decay.—Use a powerful disinfectant, such as thymol prepared by a chemist, and have the teeth examined. Decayed teeth should be removed or stopped, otherwise health will be seriously affected.

Loosening of teeth.—Remove any tartar, which is often the cause of teeth being loose, and paint the gums

with, or use a wash of, tincture of myrrh and warm water.

To remove tartar.—Have the teeth properly scraped by a dentist, then guard against further formation by cleaning after every meal, using an antiseptic wash. Eating hard crusts and apples which require good mastication will help to prevent tartar forming.

Temperature, Degrees of

For a sick-room should range from 55° to 70° F. according to the age of the patient and the nature of the illness. The vital functions are at their lowest from 2 a.m. to sunrise, and this being the coldest part of the night the temperature of the room should be raised accordingly. Thermometers in a sick-room should be hung on the wall on a level with the patient's head.

Bath temperatures.—Hot bath, 102° to 110° or 115° F. Warm bath, 96° to 100° F. Tepid bath, 85° to 95° F.

To test without a bath thermometer, place the elbow directly into the water; if heat can be borne the water is not too hot.

Body temperature.—To ascertain this, the clinical thermometer (preferably with a magnifying lens—to enable the nurse to read the degrees easily) should be used, and the temperature taken from the mouth or the armpit of the patient.

Before using, the thermometer should be placed for a minute in a weak disinfectant, and the mercury carefully shaken down until it points below normal.

To take the temperature from the tongue, place the mercury or bulb end under the patient's tongue, allowing the thermometer to stick out of the corner of the mouth, keep the patient's mouth closed and leave for three minutes. After reading, make a note of the degrees (preferably on a proper chart to be obtained from any

chemist) for the doctor's information. Temperature should be taken in the morning and at night, unless directed otherwise by the physician. Wash the thermometer in the disinfectant, wipe it, and replace it in its case.

To take the temperature from the armpit.—First wipe away any perspiration; place the thermometer in position, fold the patient's arm across the chest, and cover the body. Leave for *ten* minutes. It takes longer to record from the armpit than from the tongue, but this method is recommended for young children, who are liable to bite the end of the thermometer. Wash, after reading the degrees.

A slight rise, say to 100° F., need cause no alarm unless the temperature remains for some hours or persistently rises, indicating feverishness—slight fever being marked by 99° to 100° , moderate fever from 101° to 103° , high fever from 103° to 105° F. A persistent rise is more common than a fall in temperature and is usually a sure sign of oncoming disease. In extreme cases of disease or collapse the temperature may fall as low as 95° F. or less; the normal temperature being 98.4° F.

Throat Diseases. See TONSILLITIS, QUINSY, LARYNGITIS, SORE THROAT, ULCERATED THROAT, TONSILS ENLARGED, or DIPHTHERIA for special treatment for same.

Thrush in Mouth

Small white patches on the tongue or inside of the mouth are sometimes met with in infants, as well as adults. Mild cases can usually be cured with glycerine and boracic acid (one part borax to four glycerine), or with a wash of bicarbonate of soda (one teaspoonful to half a pint). Either apply with a piece of lint, wrapped round the finger, or with a camel-hair brush.

Toes. See CORNS, NAILS, and FEET.

Tongue

To remove fur from the tongue apply glycerine and boracic acid, or use a wash as for thrush, and take regular doses of aperient medicine until the condition is normal. Although the tongue may be covered with a thick yellow fur in some serious illnesses, such as fevers, the condition is of slight importance as a guide to the person's health, for in neuralgia, or when decayed teeth are found in the mouth, the tongue is often partly or entirely covered with fur.

Tonsillitis

Inflammation of the tonsils. It is highly contagious, and all utensils used by the patient should be disinfected or sterilized. Put the patient to bed, give an aperient, and send for the doctor. Lemon tea or barley water will soothe the throat, and hot fomentations applied to the front of the neck will relieve the pain. Avoid the patient's breath.

Tonsils, Enlarged

Paint with tannin and glycerine to shrink the tonsils, using a camel-hair brush attached to a long handle for the purpose. Be careful not to take the patient's breath. Give nourishing food that can be easily swallowed, and keep the patient warm. See TANNIN AND GLYCERINE for method of making a gargle from same.

Toothache

To give relief for pain caused merely through exposure to cold air, rub the gum with oil of cloves, salt, or tincture of myrrh. Never apply warmth *outside* the face for fear of an abscess being present at the root of the tooth,

which might be drawn outward by the warmth and cause disfigurement. *See* TEETH.

Ulcerated Throat

For a diphtheritic throat, or when ulcers are visible on the tonsils, or in the mouth, mix a piled teaspoonful of milk of sulphur to a paste, then add sufficient water to make a gargle. The powder will float on top, and as much of it as possible should be taken into the mouth. Some may be swallowed without fear. Constant gargling with sulphur—not flowers of sulphur—will generally kill the ulcers. *See* DIPHTHERIA.

Unconsciousness

This may be due to internal or external poisons, shock, stroke, fits, fainting, or other causes, and treatment must depend on the cause. Lay the patient down and keep him warm until a doctor arrives; see that the clothing is loose about the neck. If in doubt, and to test whether a patient is pretending to be unconscious, raise the eyelid and gently touch the patient's eye, which will immediately cause the lid to close if the patient is sensible.

Varicose Veins

If in the leg, let the patient sit down and rest the foot on a stool about the same height as the chair on which he is sitting; remove the garter or suspenders, and untie the shoe or (if tight) remove. Apply pressure to the vein above the wound if the vein is bleeding, and place a pad of absorbent lint and wool over the wound and bandage fairly tightly, not so tightly as to prevent the blood circulating. Elastic bandages should not be applied unless ordered by a doctor. The patient should be forced to rest the legs as much as possible, although moderate and regular walking exercise is necessary and

beneficial. Very hot or very cold baths must not be taken. *See* ELASTIC STOCKINGS.

Ventilation

To change the air of a sick-room without causing a draught the lower sash of the window should be raised from four to six inches, and the lower opening filled in with a strip of board made to fit the window frame ; or a piece of thick cloth or felt may be used to prevent the air entering through this opening. The fresh air will then be admitted through the space between the upper and lower sashes and circulate gradually in the room.

For a living-room, or bedroom.—Always open a window at the top, as cold fresh air entering through an opening on a level with the fireplace passes out of the room before it has had time to circulate or purify the air in the upper portion of the room. *See* p. 178.

Voice, Weak (*or* Inflammation of Larynx)

Avoid using the voice as much as possible, breathe through the nose, and do not remain in an unventilated apartment longer than is necessary. Crowded places should be avoided. Keep the clothing loose about the throat ; avoid excessive drinking and smoking. A raw egg taken without the white and with a little salt, or the white of an egg, lemon juice, and sugar mixed together, will often cure a husky weak voice.

Vomiting, To induce. *See* EMETIC, also POISONING, EMERGENCY INSTRUCTIONS.

Warts

Common warts of a soft nature that project from the skin and are almost the same colour as the skin may be removed by tying a piece of silk or horsehair round each

one, when they may gradually die away or drop off. Those of a hard round nature, yellowish-brown in colour, usually found on the hands and fingers, may be treated with lunar caustic, or other acids such as salicylic acid (one drachm to one ounce of collodion makes a solution to be obtained ready mixed at any chemist's), but the greatest care should be taken to avoid burning the surrounding skin, and in removing the blackened skin after treatment care should be taken to avoid making the wart bleed. Carelessness of this kind often results in blood poisoning. Very large warts should therefore be removed by a skilled person. Warts on the face, neck or lips, especially in old people, are best left alone, and should always be watched. If they are seen to increase in size or number a doctor must be consulted before any treatment is tried. There are many kinds of warts, and a doctor should be consulted by young or old persons who have numerous warts on the skin.

Wasp Stings. *See* INSECT STINGS.

Wax in the Ear. *See* DEAFNESS.

Weak Voice. *See* VOICE.

Weals. Treat as for NETTLERASH.

Weights for Medicines

APOTHECARIES' WEIGHT

Solids

20 grains	..	..	..	1 scruple.
3 scruples	..	..	..	1 drachm.
8 drachms	..	..	..	1 ounce.
12 ounces	..	..	..	1 pound.

Liquids

60 minims	..	..	..	1 fluid drachm.
8 fluid drachms	..	..	..	1 ounce.
20 ounces	..	..	..	1 imperial pint.

AVOIRDUPOIS WEIGHT

16 drachms	..	..	..	1 ounce.
16 ounces	..	..	..	1 pound.
14 pounds	..	..	..	1 stone.
28 pounds	..	..	..	1 quarter.
112 pounds	..	..	..	1 hundredweight.
20 hundredweights	..	..	..	1 ton.

Wheezing

A common symptom that denotes chest affections, such as bronchitis, asthma, etc., which symptom disappears as the patient recovers from the malady from which he is suffering. Its presence often denotes that the patient is on the mend, rather than becoming worse.

Whitlow

Caused by a scratch or splinter which sets up inflammation near the base of the finger or thumb nail. Dip constantly in very hot water, or apply a bread poultice, after bursting, to cleanse the wound of any pus; bathe in hot boracic water until all inflammation has gone. Keep wrapped up. For severe cases consult a doctor.

Whooping Cough

An infectious complaint and highly contagious. Keep the patient in a warm well-ventilated room, and if the temperature is above normal put him to bed. Discourage talking or excitement, which may bring on a fit of coughing. Give a dose of Epsom salts and obtain medical advice for further treatment and diet.

Wind in Stomach. *See* FLATULENCE.

Worms

Children suffering from worms may grind their teeth while asleep. Do not give uncooked meat or vegetables, especially watercress, or allow the child to drink unfiltered water. Worm powders or cakes can be procured from any chemist and are quite pleasant to take.

Wrinkles, To remove

Rub cream along the line of the wrinkle—never massage across—after washing the face with warm water night and morning. Persistent treatment will prove successful, but the cause, such as frowning or twisting the muscles of the face, must be overcome.

Yeast as a Medicine

Those who suffer from boils or pimples may find a sure cure in yeast, which should be taken, in the proportion of one or two teaspoonfuls dissolved in a little milk, night and morning for a week or two until the blood is cleared and the spots disappear.

Yew-tree Berries, Poisoning from

Also other similar poisons. *See* POISONS, under PTOMAINÉ POISONING.

Zinc

In some forms is largely used for medical purposes. Ointment made from zinc oxide and benzoated lard is most useful for sores and ulcers which are to be encouraged to heal quickly. For poisoning from zinc, *see* POISONS.

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